

## Turbuhaler

### TECHNIQUE

1. Unscrew and lift off the cover. You may hear a rattling sound. This is normal; it is the sound of the drying agent, not the medication.
2. Holding the inhaler upright, turn the colored grip as far as it will go in one direction (clockwise or counterclockwise, it does not matter which way you turn it first); then you must turn it back again as far as it will go in the opposite direction. Do not hold the mouthpiece when turning the grip. The click you hear is part of the loading process. The inhaler is now ready to use.
3. Breathe out, with your mouth away from the mouthpiece. Then, place the mouthpiece gently between your teeth.
4. Now close your lips over the mouthpiece. Inhale as deeply and strongly as you can. Remove the inhaler from your mouth and hold your breath for 5-10 seconds or as long as is comfortable. Repeat this process from step 1 if more than one dose has been prescribed. When you have taken the prescribed amount of maintenance doses, rinse your mouth with water, and do not swallow.

Step 2



Step 4



### Maintenance and Cleaning

- Clean the outside of the mouthpiece once a week with a dry tissue. Never use water or any other fluid when cleaning the mouthpiece. If fluid enters the inhaler it may not work properly.
- Always replace the cover properly after use.

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