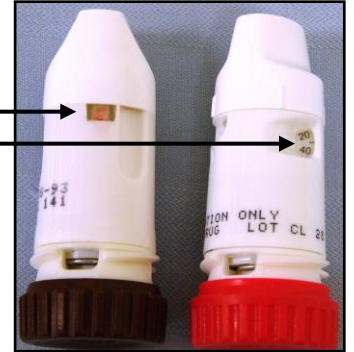


Using a Turbuhaler

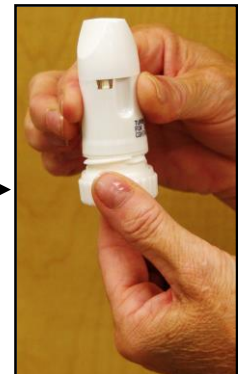
There are different types of dose counters on turbuhalers.



1. Hold the inhaler upright with the grip downwards and unscrew the cap.



2. Load the inhaler with a dose of medication by turning the coloured grip as far as it will go in one direction.



3. Turn the grip back to original position. You will hear a click. The click means the Inhaler is ready to use.



4. Breathe out in a relaxed way as if you are completing a sigh.



5. Place the mouthpiece gently between your teeth, close your lips and breathe in deeply through your mouth. This draws the medication into your lungs.



6. Take the inhaler out of your mouth and hold your breath for 5 to 10 seconds.

Then breathe out.



7. If you take more than 1 dose at a time, follow steps 1 to 6 again.

Remember:

- The medication in a turbuhaler is a fine powder. You may or may not taste the medication when you breathe it in.