



### **Turbuhaler®**

The Turbuhaler has a dose indicator on the barrel of the inhaler. It counts down the number of doses as you use them.

#### ***Before Using a New Turbuhaler:***

A new Turbuhaler must be prepared before you can use it. Follow the steps below the first time you use a new Turbuhaler.

1. Twist the cover and lift it off.
2. Hold the Turbuhaler with the mouthpiece pointing up.
3. Turn the brown grip on the bottom all the way to the right and then back to the left. You will hear a click.

The Turbuhaler is now primed and ready to be loaded with a dose.

#### ***Loading a Dose of Medicine:***

You load the Turbuhaler with a dose of medicine in the same way that you prepare a new device for use. Follow these steps.

1. Twist the cover and lift it off.
2. Hold the Turbuhaler with the mouthpiece pointing up to load the medicine correctly into the chamber.
3. Twist the brown grip to the right as far as it will go and then back to the left. You will hear a click. The device is ready to use.

#### ***Breathing In the Medicine:***

4. First, gently breathe out as much air as you can.
5. Seal your lips around the Turbuhaler mouthpiece. Be sure to hold the inhaler in a horizontal position.
6. Breathe in through your mouth. Hold your breath for 10 seconds.
7. Remove the Turbuhaler from your mouth. Then, resume normal breathing. Rinse your mouth with water and spit it out.
8. If more than one dose is prescribed, repeat steps 1 through 7 for each dose.
9. After you have finished taking a treatment, place the cover on the Turbuhaler and twist it completely closed. This will keep it clean and dry.

#### ***Turbuhaler Notes:***

- Keep the Turbuhaler closed when not in use.
- Keep the Turbuhaler dry. If the mouthpiece gets dirty, wipe it with a cloth.
- When a red mark appears in the dose indicator window, there are 20 doses left. As soon as you see the red mark, refill your prescription.

