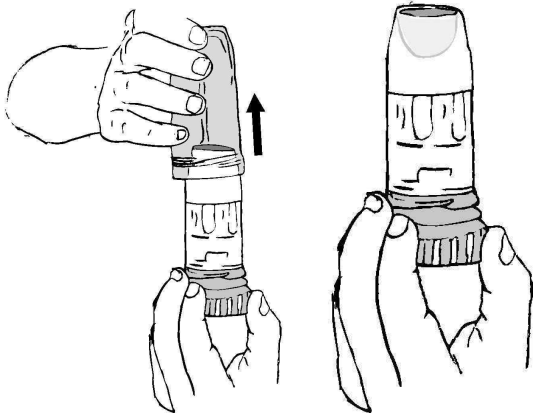


Turbuhalers

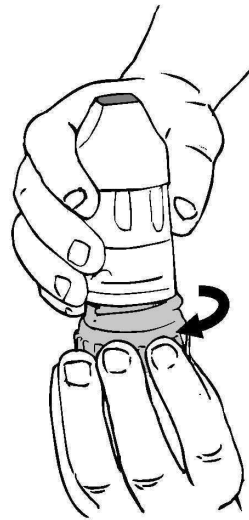
Turbuhalers contain medicine as a dry powder. Most children at 8 years of age and older can use a turbuhaler.

How to use a Turbuhaler

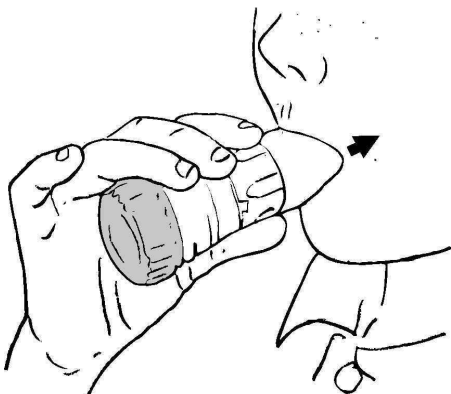
1. Unscrew the cap of the turbuhaler and lift off.



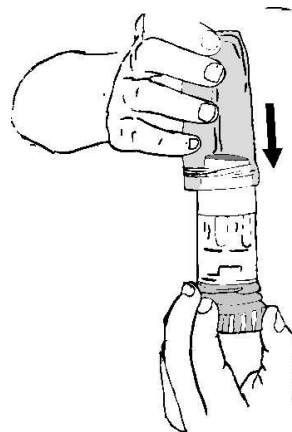
2. Hold the turbuhaler upright. Load by turning the grip at the base to the right as far as it will go, then twist it back to the left until it clicks.



3. Breathe out gently, away from turbuhaler. Hold the turbuhaler, without covering the air inlets and put the tip of the mouthpiece between lips with a good seal. Breathe in quickly and deeply through the mouth and hold your breath for 5-10 seconds. Do not breathe into turbuhaler.



4. Replace the cap and screw it shut.



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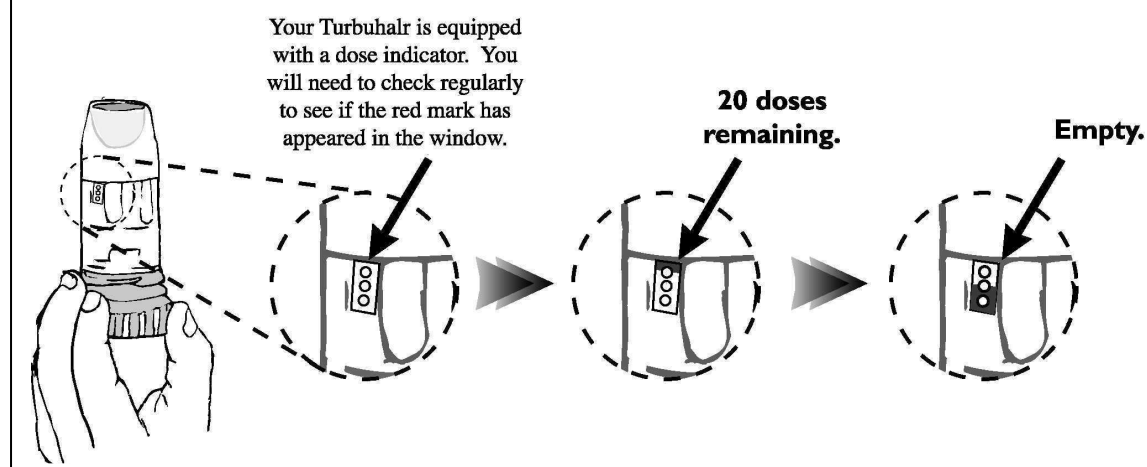
5. If another dose is required, repeat steps 2 to 4. **Note: you will not get more than one dose at a time. You must inhale medicine before loading the device again.**

How Can I tell when a turbuhaler is empty?

Symbicort has a dose counter which tells you how many doses you have left. Other turbuhalers have a clear window (see picture below).

Note: the rattling you hear when you shake the turbuhaler is the drying agent built into the coloured base of the turbuhaler, and is not the medication. This can be heard even when the turbuhaler is empty.

Picture of turbuhaler showing dose indicator.



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How should I look after my turbuhaler?

- Avoid breathing into a turbuhaler (moisture in your breath will cause the device to clog up).
- Avoid getting it wet always keep it in a dry place.
- Keep the lid screwed on when it is not being used.
- Wipe with a dry tissue if required.



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