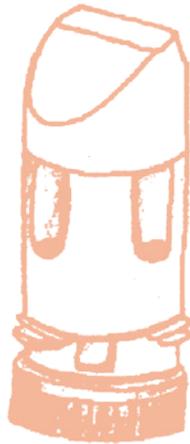


Instructions on how to use the Turbuhaler®

What is the Turbuhaler® system?

It is a device that contains multiple doses of a medication in the form of a dry powder. When inhaled through the inhaler's mouthpiece, the medicine reaches the lungs directly. Moisture can cause the medicine to clump together so it must be kept in a dry place. Do not shake. The person must be standing or sitting up straight to make it easier for the chest to expand. The mouthpiece should be cleaned regularly using a dry tissue and must not be washed with water as moisture affects the dry powder.



How do you use a Turbuhaler®?

Either standing or sitting down, relax as much as you can and follow these instructions:

1. Remove the cap.



2. Twist the lower grip: first to the right (counterclockwise) and then back again until you hear a *click*.

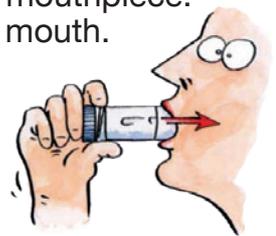


3. Breathe out fully (do not blow into the mouthpiece).



4-5. Close your lips around the mouthpiece. Breathe in deeply through your mouth.

6-7. Hold your breath in your lungs for 10 seconds or for as long as you can. Breathe out slowly.



If another dose is required, repeat steps 2 to 7.

8. Replace the cap.



9. Gargle and rinse your mouth after each use.



When the red indicator appears, there are 20 doses left. Some Turbuhalers® have dose counters.



If you have any questions, please check with the nurse.