

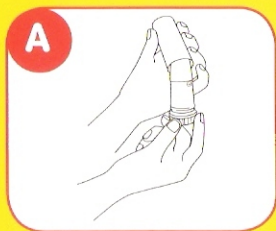


I CAN!

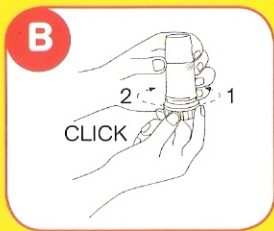
The Children's Asthma and Allergy Network
© The Children's Medical Institute

How to use the TURBUHALER

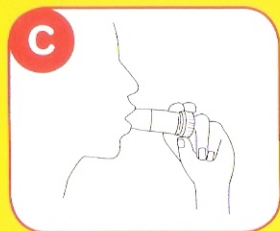
HOW TO USE THE TURBUHALER



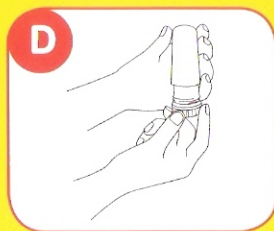
- 1) Unscrew and lift off the protective cover.



- 2) Hold Turbuhaler **vertically upright** while twisting the grip counter-clockwise as far as it will go, and then twist it back (clockwise) as far as it will go till you hear a 'click'.



- 3) Breathe out gently, then put the mouth-piece between the lips and teeth and breathe in as deeply as possible. Even when a full dose is taken there may be no taste. (**DO NOT** breathe out into Turbuhaler.)
- 4) Remove Turbuhaler from your mouth and hold your breath for about 10 seconds.
- 5) For a second dose, repeat STEP 2 and 4.



- 6) Replace the protective cover.

NOTE

- A red line appears in the window on the side of the Turbuhaler when there are 20 doses left. When the whole window is red, the inhaler is empty.

ALWAYS ASK YOUR DOCTOR OR NURSE FOR A DEMONSTRATION