... use a Turbuhaler®

Suggested age: 6 years and up

The Turbuhaler® contains a dry powder medication. The Turbuhaler® is breath activated; breathing in deeply and quickly pulls the medication out. Breathing in forcefully is necessary as there is a very small amount of powder in each dose.

1. **Remove** cap from puffer, by unscrewing and lifting off the cover.
2. **Hold the inhaler upright** (mouthpiece up) and **turn the coloured grip** as far as it will go to the right. Then turn it back again as far as it will go to the left, until you hear a click. Do not shake the inhaler after you have loaded it.
3. **Breathe out fully**, away from the Turbuhaler®.
4. **Seal lips around the mouthpiece**, holding the inhaler either horizontally or upright.
5. **Breathe in forcefully** and deeply through your mouth. You may not taste or feel any medication when breathing in, this is common.
6. Remove the Turbuhaler® from your mouth before breathing out slowly.
7. If more than one dose has been prescribed, repeat the steps 2 to 7.
8. Replace the cover and twist shut.
9. **Rinse mouth** and gargle with water after using corticosteroids, including combination puffers. If possible, do not swallow the water.

**Special Instructions**
- Always check the expiry date of medications.
- Read the instructions that come with the Turbuhaler®.
- Keep the Turbuhaler® dry. Moisture in the breath or in the air will interfere with the delivery of the medication.

**Dose Counting**
- When a red mark appears in the dose counter window you have about 20 doses left. When the red mark reaches the lower edge of the window, the Turbuhaler® is empty. The sound that the Turbuhaler® makes when shaken, is not the medication, it will not tell you if it is full or empty! The dose is actually lost when you shake or drop the Turbuhaler® after it is loaded. If this happens, you should load a new dose for your child to inhale.

**Cleaning Instructions**
- Wipe the mouthpiece at least once a week with a dry tissue or cloth.
- Never wash the device with water.