

***My doctor
prescribed the
Turbuhaler®.
How do I use it?***

Loading the Turbuhaler®

1. Unscrew the cover and lift it off.
2. Hold the Turbuhaler® upright.
3. Turn the coloured grip all the way in one direction until it stops, then back again. This loads one dose.

Using the Turbuhaler®

1. *Breathe out* – never breathe into the Turbuhaler®.
2. Put the mouthpiece between your lips and breathe in deeply through your mouth.
3. Hold your breath and remove the Turbuhaler® from your mouth. Keep holding your breath for about 10 seconds.
4. Breathe out slowly through your mouth, away from the Turbuhaler®.
5. If more puffs have been prescribed, repeat steps 1-4.

Caring for the Turbuhaler®

1. Wipe off the mouthpiece with a *dry* tissue. NEVER use water or any other

fluid. If fluid enters the inhaler it may not work properly.


2. Turbuhaler® is equipped with a dose indicator. When a red mark appears in the little window underneath the mouthpiece, there are approximately 20 doses left and you should order a replacement.

Special instructions

If you accidentally drop the Turbuhaler® or breathe into the device after loading it, you will lose your dose. If this happens, reload the Turbuhaler®, and follow the above steps.

Have more questions?

- Contact The Lung Association's Asthma Action Help Line at **1-800-668-7682** and speak to a Certified Asthma Educator.
- Order a free copy of The Lung Association's Asthma Action Handbook by calling **1-800-668-7682**.
- Check out The Lung Association's website: **www.lung.ca**

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