

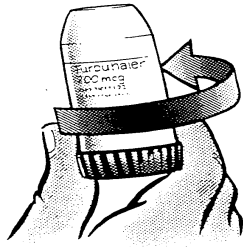
# TURBUHALERS

A turbuhaler delivers a measured dose of asthma medication directly to the airways. It delivers a dry powder, and you may not feel or taste it.

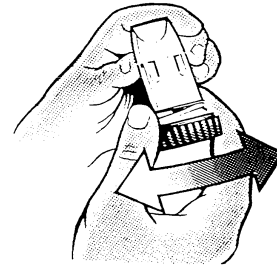
## Recommended age of use

7 years and older

1. Unscrew and lift off the cover.



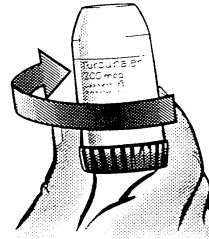
2. Hold the turbuhaler upright. Load by turning the coloured base to the right as far as it will go and then turn back until it clicks.



3. Breathe out slowly (do not breathe into the turbuhaler) Hold the base and place the mouthpiece between your lips. Breathe in strongly and deeply.



4. Remove the turbuhaler from your mouth before gently breathing out. Replace cover and screw shut.



If more than one dose is required, repeat steps 2-4.

- Ensure the cover is replaced after each use and stored in a dry place.
- Do not remove the mouthpiece and do not wash or wet the turbuhaler.
- The turbuhaler will always make a rattling sound when shaken, even when empty.

## Bricanyl Turbuhaler

The Bricanyl turbuhaler has a dose indicator window. When the red line first appears at the top of the window there is usually 20 doses remaining. The red line will appear at the bottom of the window when empty.

## Symbicort Turbuhaler

The Symbicort turbuhaler has a dose counter on the side indicating the number of doses remaining.

