



## Before using the Turbuhaler for the first time

The Turbuhaler needs to be primed before you use it for the first time. Take off the cap and hold the inhaler upright. Put the device upright on a flat surface, like a table. Keeping it upright, turn the base as far as you can in one direction and then all the way back again. You should hear a click on one of these turns. Repeat this action again. The Turbuhaler is now primed and ready for use.

## Steps for using the Turbuhaler

1. Check the dose counter to make sure the inhaler isn't empty.
2. Unscrew and remove the cap.
3. Put the device upright on a flat surface, like a table.
4. Keeping it upright, turn the base to the right as far as it will go and then all the way back to the left. You should hear a click on one of these turns.
5. Breathe out gently, away from the inhaler.
6. Place lips around the mouthpiece without biting and form a good seal. Keep the inhaler upright.
7. Breathe in quickly and deeply.
8. Take inhaler out of your mouth and hold breath for 5-10 seconds, or as long as comfortable.
9. Breathe out gently, away from the inhaler.
10. If your doctor has told you to take more than one puff, repeat steps 3 to 8.
11. Wipe the mouthpiece with a dry tissue.
12. Replace the cap.

**Note: Do not shake the inhaler.**

## **When is the Turbuhaler empty?**

The Symbicort® Turbuhaler (red base) has a counter that counts down to zero. When the dose counter goes below 20, the numbers will turn red. You should go the pharmacy to get a new Turbuhaler now. The inhaler is empty when the counter shows a zero.

On other Turbuhalers, a red line will appear at the top of the window on the side of the device. This means there are 20 doses left. You should go to the pharmacy to get a new Turbuhaler now. When the red line appears at the bottom of the window, the inhaler is empty.

## **How do I clean and store the Turbuhaler?**

Wipe the inhaler with a clean, dry tissue before closing the cap. Do not wash any part of the inhaler or get it wet. Make sure the cap is tightly closed after use. Keep in a cool dry place below 30°C, away from moisture, heat or sunlight. Do not store it in the bathroom, near a sink or a window, or in the car.

**Check the expiration date on your medicine.** Ask your pharmacist how to safely get rid of any medicine you don't need.

**If you have any questions about using this inhaler, talk to your doctor, nurse or pharmacist.** Your inhaler will come with instructions. Always read these instructions for important information on how to use it.