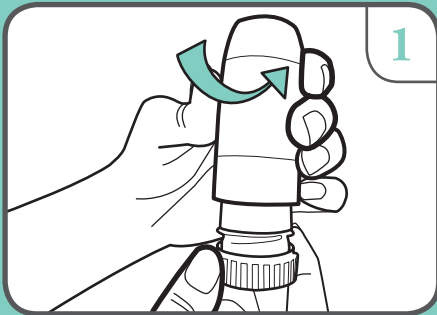
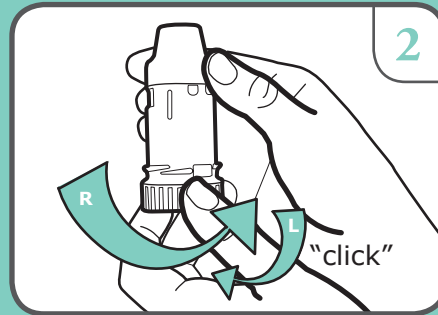


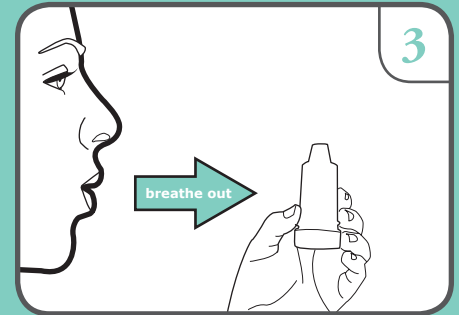
USING YOUR turbuhaler®



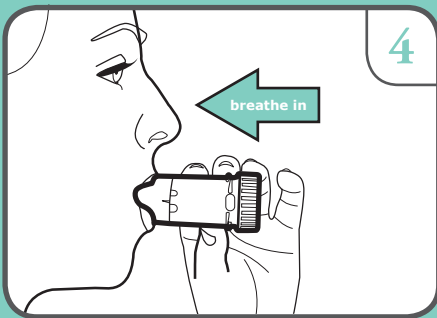
twist off the cap and hold upright.



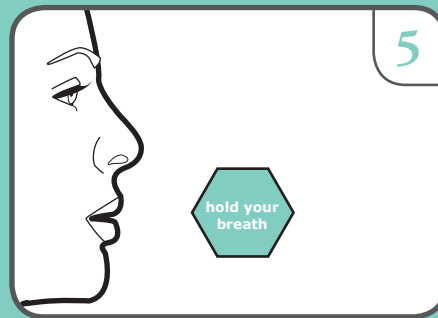
turn the base to the right as far as it will go, then turn all the way back to the left until you hear a "click".



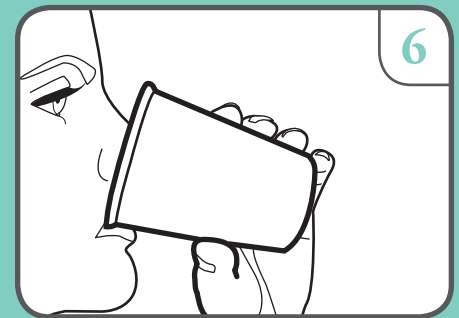
breathe out completely, away from the mouthpiece.



seal your lips around the mouthpiece. **Breathe in fast and deep.** You may not feel or taste any of the medication.



remove the Turbuhaler® from your mouth. **Hold your breath** for **5-10** seconds then breathe out. Replace the cap.



rinse your mouth with water; spit the water out. (If your medication is a corticosteroid e.g. pulmicort).



Respiratory Wellness Centre

RESPIRATORY CARE GROUP

COMMUNITY RESPIRATORY PROGRAM