



How to Use Your Turbuhaler

1. Remove cap.
2. Twist the bottom back and forth. DO NOT SHAKE.



Twist Bottom

3. You should hear a “CLICK” on one of these turns.
4. Tilt your head back slightly and sit up straight.



Twist in the opposite direction

5. Blow out away from the device.
6. Seal your lips around the mouthpiece.
7. Breathe in fast and deep.
8. Hold your breath for up to 10 seconds.
9. Repeat steps 2-8 if needed.



10. Replace protective cap.
11. When you are done, rinse, gargle and spit.

12. Check the side of the Turbuhaler. If you see...
 - A red line, you have about 20 doses left.
 - A red window, the device is empty.

13. Use a dry cloth to clean the Turbuhaler once a week.
14. Never wash the device.
15. Store in a cool dry place.