

## How to use your Turbohaler

- Unscrew and lift off the cover
- Check dose counter to ensure there is medication left in the device
- Hold the turbohaler upright, twist the grip then twist it back again – you should hear a click
- Take a breath in then breathe out fully.
- Place the mouthpiece between your teeth and lips and take a long, strong breath in for as long as you can
- Remove from your mouth, holding your breath for up to 10 seconds
- Repeat until prescribed number of doses taken

