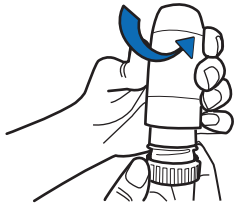


Using your Turbuhaler

1



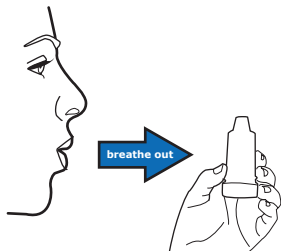
Twist off the cap and hold upright.

2



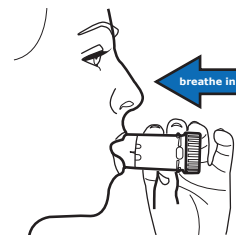
Turn the base to the right as far as it will go, then turn all the way back to the left until you hear a “click”.

3



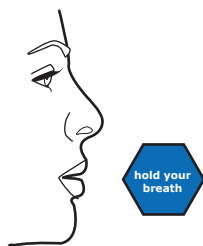
Breathe out completely away from the mouthpiece.

4



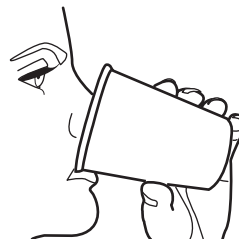
Seal your lips around the mouthpiece. **Breathe in fast and deep.** You may not feel or taste any of the medication.

5



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

6



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



24/7/365 Emergency Support



Toll Free: 1-855-672-6262



CareicaHealth.com/oxygen

