

# How to use a turbuhaler dry-powder inhaler

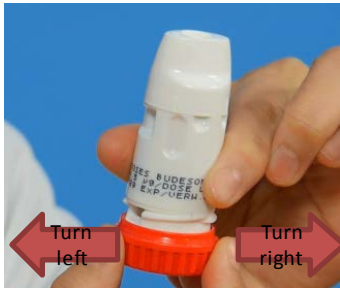


## 1/Opening the bottle



Film

Unscrew and remove the cover.  
(to open a new bottle of Symbicort, please turn the red bottom to the far left for the first time.)



## 2/Using the drug

Hold the Turbuhaler upright and turn the bottom to one side as far as it will go then to the other side as far as it will go until you hear a click.



## 3/Exhaling

Breathe out fully (avoid facing the mouth-piece) .



## 4/Breathing in

Place the mouthpiece between your teeth without biting and form a good seal around it with your lips. Breathe in through your mouth as forcefully and deeply as you can. Hold your breath for 5 - 10 seconds then breathe out normally.



## 5/Closing the cap

Twist to close the cap.  
Please rinse your mouth after use and spit out the water.  
If an extra dose is needed, wait for 30-60 seconds then repeat steps 2 to 4.