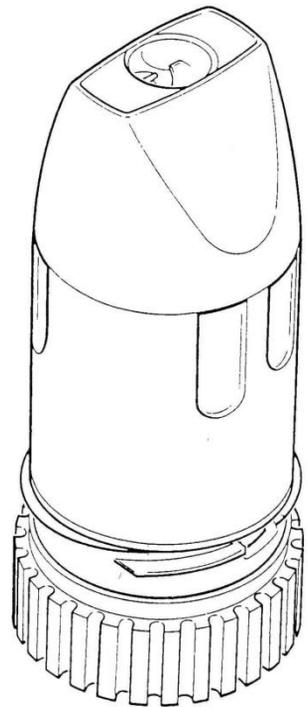


How to use a Turbohaler

1. Unscrew and lift off white cover. Hold turbohaler upright and twist grip forwards and backwards as far as it will go. You will hear a click
2. Breathe out gently.
3. Put mouthpiece in mouth between the teeth and close lips around the mouthpiece.
4. Breathe in forcefully and deeply through the Turbohaler
5. Remove the turbohaler from mouth and breathe out slowly.
6. Replace the white cover



Demonstrate your inhaler technique to your GP, nurse, pharmacist or clinical specialist at every opportunity