

To make your breathing better, you MUST take your medicine as explained below. Following these instructions puts more of the medicine into your lungs. This will open your air passages and help you breathe easier and feel better.

The following steps need to be performed before your first breath from every NEW Turbuhaler®:



Hold Turbuhaler® straight up and down.



Hold cap and twist off.



Twist brown grip at bottom to the right as far as it will go, then twist all the way back to the left until you hear a click. **REPEAT** this step one more time.

The following steps need to be performed before EVERY DOSE OF MEDICINE



To load a dose of medicine, hold Turbuhaler® **STRAIGHT UP AND DOWN.** Hold cap and twist off.



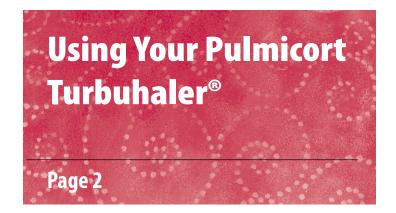
Twist brown grip at bottom to the right as far as it will go, then twist all the way back to the left until you hear a click.



Breathe out normally. Make sure you **DO NOT BREATHE OUT** into the Turbuhaler®.

The American College of Chest Physicians is the leading resource for the improvement of cardiopulmonary health and critical care worldwide. Its mission is to promote the prevention and treatment of diseases of the chest through leadership, education, research, and communication.

This publication's content contains general information, is not intended to be and is not complete, is not medical advice, and does not replace professional medical care and physician advice, which always should be sought for any specific condition. The American College of Chest Physicians and its officers, regents, executive committee, members, and employees specifically disclaim all responsibility for any liability, damages (actual or consequential), loss, or risk, personal or otherwise, based on any legal theory whatsoever, alleged to have been incurred as a result, directly or indirectly, of the use of any of the material herein.







American College of Chest Physicians

3300 Dundee Road, Northbrook, IL 60062 (847) 498-1400 phone (847) 498-5460 fax www.chestnet.org



Put mouthpiece in your mouth between your lips and make a tight seal. **BREATHE IN FAST AND DEEP.** You may not taste or feel any medicine. If your doctor prescribed more than one dose or puff, repeat steps 1-4.



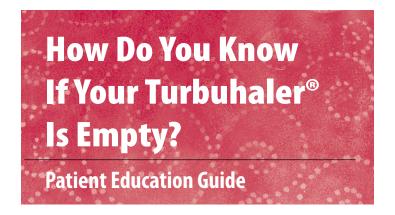
After you have taken your medicine, if the mouthpiece is wet, wipe the mouthpiece with a clean dry cloth. Put cap back on Turbuhaler® and twist.



Rinse your mouth out with water. Spit the water out; don't swallow it.

The American College of Chest Physicians is the leading resource for the improvement of cardiopulmonary health and critical care worldwide. Its mission is to promote the prevention and treatment of diseases of the chest through leadership, education, research, and communication.

This publication's content contains general information, is not intended to be and is not complete, is not medical advice, and does not replace professional medical care and physician advice, which always should be sought for any specific condition. The American College of Chest Physicians and its officers, regents, executive committee, members, and employees specifically disclaim all responsibility for any liability, damages (actual or consequential), loss, or risk, personal or otherwise, based on any legal theory whatsoever, alleged to have been incurred as a result, directly or indirectly, of the use of any of the material herein.







American College of Chest Physicians

3300 Dundee Road, Northbrook, IL 60062 (847) 498-1400 phone (847) 498-5460 fax www.chestnet.org



There are 200 doses in your Turbuhaler®. The dose indicator window is just below the mouthpiece.



When there are 20 doses of medicine left in your Turbuhaler®, a red mark will show up at the top of the window. This alerts you to get your medicine refilled.



When the red mark is at the bottom of the window, your Turbuhaler® is empty. Throw your Turbuhaler® away.

The American College of Chest Physicians is the leading resource for the improvement of cardiopulmonary health and critical care worldwide. Its mission is to promote the prevention and treatment of diseases of the chest through leadership, education, research, and communication.