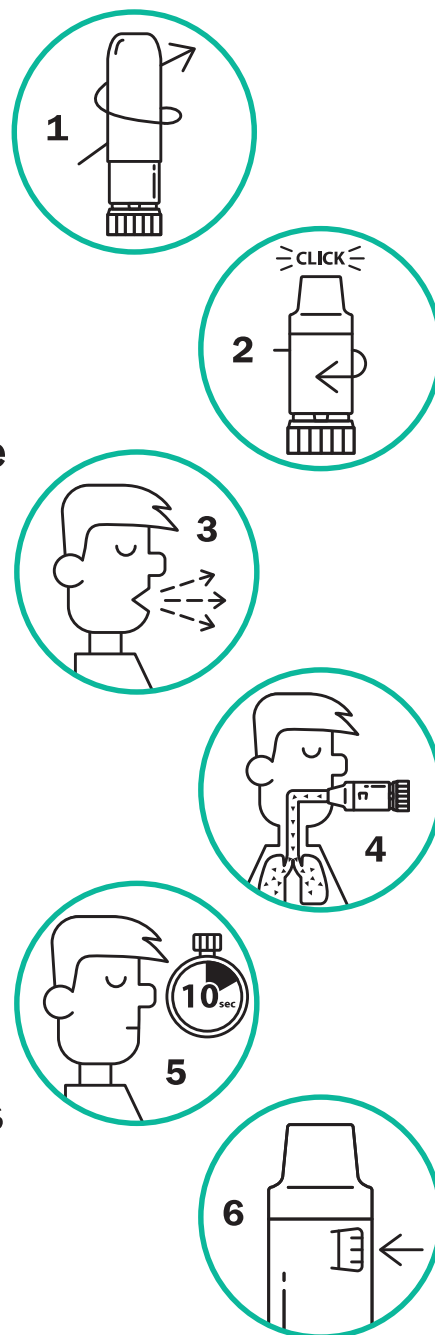


- 1 Remove the cap.
- 2 Twist base in one direction and then in opposite direction until you hear a click (It doesn't matter which direction you start turning, as long as you hear a click).

At this point if you accidentally breathe INTO the Turbuhaler, drop it or shake it you will need to load a new dose (repeat step 2).

- 3 Breathe out away from the Turbuhaler so that your lungs are empty.
- 4 Place your mouth over the mouthpiece and breathe in deeply and quickly. (Hold the Turbuhaler from the base so that you don't block air holes).
- 5 Hold your breath for 10 seconds (or as long as you are comfortable).
- 6 Replace the cap on the Turbuhaler.
- 7 Some inhalers will require you to rinse your mouth when you are finished.



Note: To clean the Turbuhaler wipe the mouthpiece dry if necessary.