

## Inhalation with the Turbuhaler

1. Turbuhalers contain asthma medications as a dry powder.
2. Proper inhalation requires sufficiently powerful suction during inhalation, which is only possible at an age of 8 years.
3. First unscrew the cover of the Turbuhaler and remove it. Check the the dose counter to see that there are still enough doses left.
4. Hold the Turbuhaler upright and turn the colored ring right to the stop, then back until you hear a click. The Turbuhaler is now loaded.
5. Do not turn the device upside down, shake it or breathe into it.
6. Turn your face away from the mouthpiece and breathe out completely. Then, hold the mouthpiece between teeth and lips to form a good seal. Breathe in now, as forcefully and deeply as possible. Remove the Turbuhaler from the mouth and hold your breath for 10 seconds. Then turn your head away from the mouthpiece and breathe out.
7. If a second dose is necessary, repeat the process.
8. When finished, wipe the mouthpiece with a dry cloth or the tip of your T-shirt and close the Turbuhaler with the cover.
9. If a cortisone-containing Turbuhaler is used, then mouth-rinse or brushing of the teeth prevents residue in the mouth.
10. For daily use of cortisone-containing preparations, it is helpful to store this equipment near the toothbrush.