



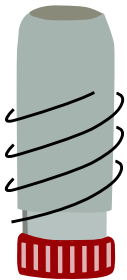
Source of information: leaflet (note: the instructions might differ according to the brand of the acquired inhaler)

### Prepare your inhaler

Unscrew the cover and lift it off. You may hear a rattling sound. Hold it upright with the red grip at the bottom. Turn the red grip as far as it will go in one direction. Then turn it as far as it will go in the other direction (it does not matter which way you turn it first). You should hear a click sound. Do this again, turning the red grip in both directions. Your inhaler is now ready for use. After that, only load your inhaler when you need to use it.

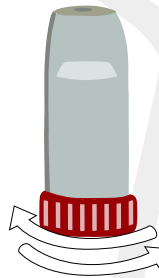
### Using your inhaler

1



Unscrew the cover and lift it off. You may hear a rattling sound. Hold it upright with the red grip at the bottom.

2



Turn the red grip as far as it will go in one direction. Then turn it as far as it will go in the other direction. You should hear a "click". It is now loaded and ready to use.

3



Hold your Turbohaler away from your mouth. Breathe out gently (as far as is comfortable). Do not breathe out through your inhaler.

4



Place the mouthpiece gently between your teeth. Close your lips.

5



Breathe in as deeply and as hard as you can through your mouth. Do not chew or bite on the mouthpiece.

6



Remove your Turbohaler from your mouth. Hold your breath for a few seconds, or as long as is comfortable.

7



Breathe out gently.

8



Replace the cover tightly after use.