

# Pulmicort Turbuhaler®

MSRC is a proud sponsor  
of World Asthma Day



## Step 1: OPEN

- Unscrew the cover and remove it.



## Step 2: TWIST

- Hold the Turbuhaler® straight up and down.
- Twist the brown grip all the way to the right and back again all the way to the left until you hear it **click** – that means the medication is loaded.
- Turn your head away from the inhaler and breathe out all the way.



## Step 3: INHALE

- Place the mouthpiece between your lips and tilt your head back a little.
- Breathe in as deeply and quickly as you can.
- Hold your breath for as long as you can (up to 10 seconds).



## Finish: RINSE

- Rinse your mouth with water after using Turbuhaler®, but do not swallow.

**If you need more than one dose:**  
repeat steps 1–3.

### More Tips:

- You will have gotten the dose of medication even if you do not feel or taste it.
- Store your inhaler at room temperature and away from moisture.
- Always keep your inhaler dry. Clean it with a dry tissue or cloth.
- Do not shake or turn your inhaler upside down after the dose has been loaded.
- Do not breathe into your inhaler.
- Your Turbuhaler® is empty when the red mark is at the bottom of the window.

### About the Medication:

- Turbuhaler® contains an inhaled steroid Budesonide (bew-DES-o-nide) that helps to control the symptoms of asthma and helps you breathe better.
- This medication will not stop an asthma attack that has already started.
- A quick-acting bronchodilator (like albuterol) should be used to stop an asthma attack or asthma symptoms that need immediate attention.

**DO NOT STOP TAKING THIS MEDICATION WITHOUT CONSULTING YOUR PHYSICIAN.** Turbuhaler® contains an inhaled corticosteroid, which treats airway inflammation and may prevent long-term serious changes within your airways.

*The mission of the MSRC is to provide education and training to Respiratory Therapists, health care professionals and their patients.*



To re-order visit [www.msrcnet.com](http://www.msrcnet.com)

Using your Dry Powder Inhaler ... It's as easy as 1-2-3!