

Using Your Pulmicort Turbuhaler®

Patient Education Guide

AMERICAN COLLEGE OF
CHEST
PHYSICIANS

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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®:



1 Hold Turbuhaler® straight up and down.



2 Hold cap and twist off.



3 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:



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



2 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**.



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



4 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.



5 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.



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

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