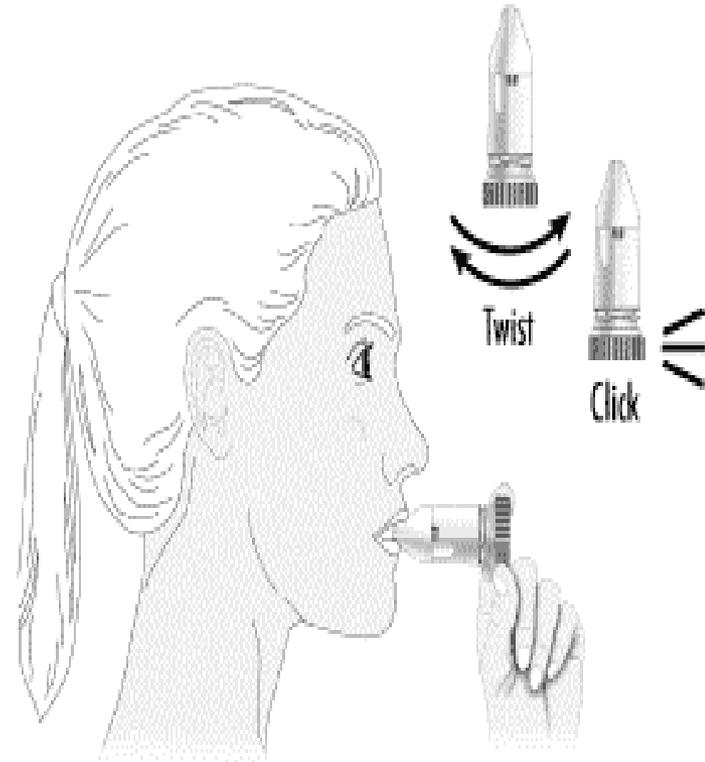


How to Use a Turbuhaler

- ✘ Remove cover
- ✘ Hold the Turbuhaler upright with mouthpiece up
- ✘ Turn the grip left then right until it clicks
- ✘ Turn your face away and breathe out normally
- ✘ Grip the mouthpiece with your teeth and seal your lips around it
- ✘ Keep the inhaler level and breathe in as quickly and as deeply as you can on the mouthpiece
- ✘ Hold your breath for 10 seconds and breathe out slowly with the inhaler away from your mouth
- ✘ Replace cover



How to use a Dry Powder Inhaler Diskus

- ✗ Push thumb grip as far as it will go to open the Diskus
- ✗ Slide the lever to release the medicine until you hear a click
- ✗ Turn your head away and breathe out normally
- ✗ Hold the Diskus level and seal your lips around the mouthpiece
- ✗ Breathe in as quickly and as deeply as you can
- ✗ Remove the Diskus from your mouth and hold your breath for 10 seconds.
Never exhale back into the Diskus
- ✗ Close the Diskus by rotating the thumb grip

