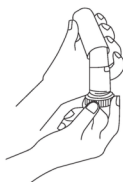


Singapore National Asthma Programme (SNAP)



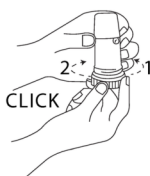
HOW TO USE THE TURBUHALER

1



- Unscrew and lift off the protective cover.

2



- Hold Turbuhaler **vertically upright** while twisting the grip counter-clockwise as far as it will go, and then twist it back (clockwise) as far as it will go till you hear a 'click'.

3



- Breathe out gently, away from the inhaler; seal your lips around the mouthpiece and breathe in as deeply as possible with your mouth. Even when a full dose is taken, there may be no taste.
- Remove the inhaler and hold your breath for about 10 seconds or as long as possible, then breathe out slowly, away from the inhaler.
- For another dose, repeat steps 2-3 after one minute.

4



- Replace the protective cover.

IMPORTANT TO NOTE:

A red line appears in the window on the side of the Turbuhaler when there are 20 doses left. When the whole window is red, the inhaler is empty.

ALWAYS ASK YOUR DOCTOR OR NURSE FOR A DEMONSTRATION

For videos on inhaler technique by language,
please scan the QR codes below:



English



Mandarin
华语



Malay
Bahasa Melayu



Tamil
தமிழ்



CONTROL ASTHMA. ENJOY LIFE.

The Singapore National Asthma Programme (SNAP)
was set up by the Ministry of Health in 2001 to
reduce the burden of asthma in Singapore.

This technique card is produced by SNAP to provide
instructions on correct inhaler use.