How to use your Symbicort® Turbuhaler®
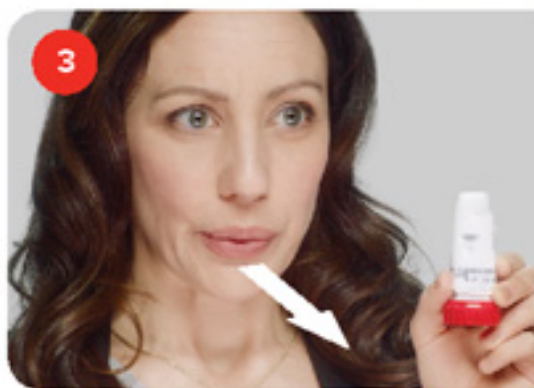
1 **Unscrew and remove the cover.** You may hear a rattling sound — this is normal.
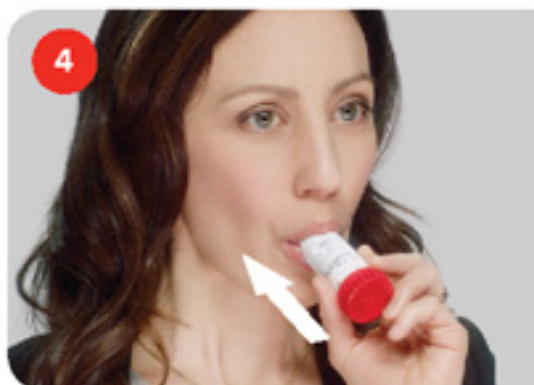
2 Hold the middle of the inhaler, keeping it upright. Do not hold the mouthpiece.

Turn the red grip all the way in one direction, then all the way back in the opposite direction. It doesn't matter which way you turn it first. While doing this, you'll hear a click. Now your dose is loaded.

NOTE: For first-time use out of the box, do this step two more times to prepare the inhaler. You only need to prepare your new inhaler the very first time you use it.

3 **Breathe out** with your mouth away from the mouthpiece. Place the mouthpiece gently between your teeth and close your lips over it.

4 **Inhale as deeply and strongly as you can.** Before you exhale, remove Symbicort® Turbuhaler® from your mouth.

Repeat from Step 2 if you are to take another dose.

After you've taken the number of doses instructed by your doctor, replace the cover and rinse your mouth with water (do not swallow).

Symbicort® Turbuhaler® FAQs

What if I turn the red grip too many times?

Don't worry if you accidentally turn the red grip too many times — you won't end up loading multiple doses. Symbicort® Turbuhaler® is designed to load only one dose at a time.

What's that noise?

The rattling sound is the drying agent, not the medication.

What if I drop it?

If you accidentally drop, shake or breathe out into the Symbicort® Turbuhaler® after it's loaded, you will lose your dose. If this happens, simply load a new dose.

Should I twist the mouthpiece?

Do not try to remove the mouthpiece or twist it unnecessarily. It is fixed to the inhaler and must not be taken off.

Am I supposed to taste the medication?

Even if you follow the steps as directed, you may not feel or taste the medication — this is common.

How do I read the Symbicort® Turbuhaler® dose counter?

Symbicort® Turbuhaler® has a small indicator window that tells you how many doses are left. This dose indicator moves slowly each time you load a dose.

20   **—**   **0**

Every 20th dose is marked with a number.

Every 10th dose is marked with a dash.

When the "0" on the red background has reached the middle of the window, you should discard your inhaler.

Visit **Symbicort.ca** to view the Symbicort® Turbuhaler® How-To video

Available in English, French, Italian, Spanish, Arabic, Farsi, Punjabi, Tamil, Urdu, Cantonese, Mandarin and Tagalog.