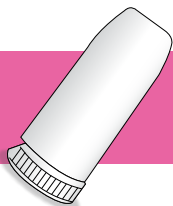
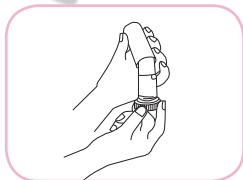


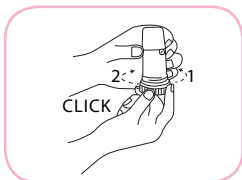
## Singapore National Asthma Programme (SNAP)



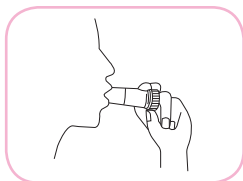
# HOW TO USE THE TURBUHALER



- 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'.

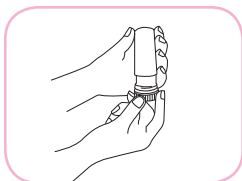


- 3 Breathe out gently, then put the mouth piece between the lips and teeth and breathe in as deeply as possible.

Even when a full dose is taken, there may be no taste. (**DO NOT** breathe out into Turbuhaler).

- 4 Remove Turbuhaler from your mouth and hold your breath for about 10 seconds.

- 5 For a second dose, repeat STEP 2 and 4.



- 6 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**

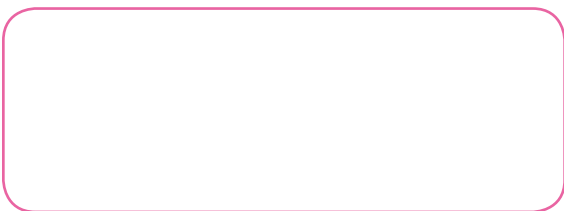


## Singapore National Asthma Programme (SNAP)

The SNAP was initiated by the Ministry of Health in 2001 to reduce the burden of asthma in Singapore. Hence it aims to improve the overall control of the disease and quality of life of asthma patients, particularly those with moderate to severe asthma.

This technique card, together with asthma teaching services carried out at our hospitals and clinics serve to teach the patients to employ the correct way to use their inhalers so as to have an effective treatment outcome.

**For more information contact us at the following:**



A community health project supported by:

