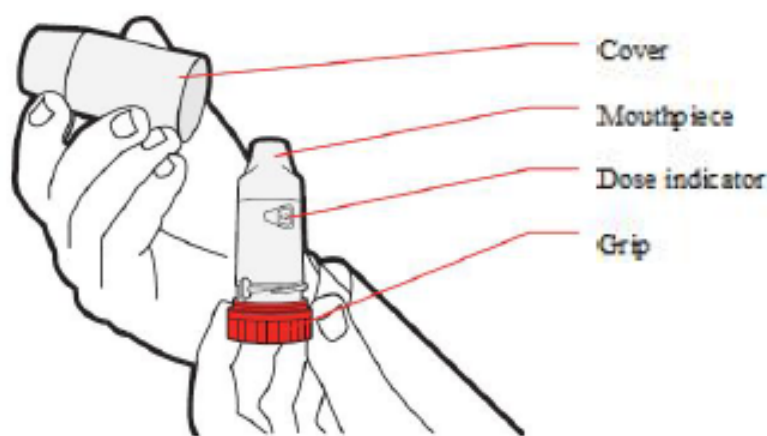


How to prepare a new inhaler for use

Before you start using SYMBICORT TURBUHALER for the first time it is important that you read the instructions below and follow them carefully.

TURBUHALER is an inhaler from which very small amounts of powder are administered. When you breathe in through TURBUHALER the powder is delivered to the lungs. It is therefore important that you **inhale as deeply and strongly** as you can through the mouthpiece.



SYMBICORT TURBUHALER is simple to use.

A. Preparation before first use of a NEW (never been used) inhaler:

Before using your inhaler for the first time you need to prepare the inhaler for use. **The preparation does not need to be repeated even if your inhaler is not used regularly.**

- STEP 1 Unscrew and lift off the cover (Figure 1). You may hear a rattling sound. This is normal; it is the sound of the drying agent, not the medication.
- STEP 2 Holding the inhaler upright, **turn the red grip** as far as it will go in one direction (clockwise or counter-clockwise, it does not matter which way you turn it first); then you must turn it back again as far as it will go in the opposite direction (Figure 2). Do not hold the mouthpiece when turning the grip. **The click you hear is part of the loading process.** Once you perform this step twice, the inhaler is ready to use.

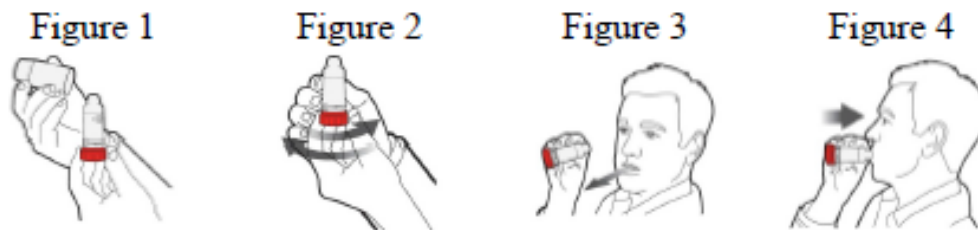
B. Using the inhaler:

To use your TURBUHALER properly, follow these 4 steps:

- STEP 1 Unscrew and lift off the cover (Figure 1). You may hear a rattling sound. This is normal; it is the sound of the drying agent, not the medication.
- STEP 2 Holding the inhaler upright, **turn the red grip** as far as it will go in one direction (clockwise or counter-clockwise, it does not matter which way you turn it first); then you must turn it back again as far as it will go in the opposite direction (Figure 2). Do not hold the mouthpiece when turning the grip. **The click you hear is part of the loading process.** The inhaler is now ready to use.
- If you are not sure you heard the click, and you turn and click the inhaler a second time, you will not end up taking 2 doses by mistake. The TURBUHALER is designed to load only one dose at a time.**
- STEP 3 Breathe out, with your mouth away from the mouthpiece (Figure 3). Then, place the mouthpiece gently between your teeth.
- STEP 4 Now close your lips over the mouthpiece. **Inhale as deeply and strongly as you can** (Figure 4). Before

you exhale, remember to remove the inhaler from your mouth. **Repeat this process from Step 1 if more than one dose has been prescribed.** When you have taken the prescribed amount of maintenance doses, rinse your mouth with water, and do not swallow. Once you perform these steps, you have completed using SYMBICORT TURBUHALER.

You may not feel or taste the medication when inhaling. This is common.
Do not bite or chew the mouthpiece.



If you accidentally drop, shake or breathe out into SYMBICORT TURBUHALER after it is loaded, you will lose your dose. If this happens, you should load a new dose and inhale it.

Note: Always replace the cover properly after use. Do not try to remove the mouthpiece or to twist it unnecessarily; it is fixed to the inhaler and must not be taken off.

Stopping SYMBICORT TURBUHALER

Talk to your doctor about how to gradually stop your medication if necessary. It is important that you do not suddenly stop taking SYMBICORT TURBUHALER as it may cause unwanted side effects.

Cleaning: Clean the outside of the mouthpiece once a week with a dry tissue. Never use water or any other fluid when cleaning the mouthpiece. If fluid enters the inhaler it may not work properly.

When to start a new inhaler: SYMBICORT TURBUHALER has a dose indicator. The dose indicator tells you approximately how many doses are left in the inhaler. The dose indicator moves slowly each time you load a dose. Every 20th dose is marked with a number and every 10th dose is marked with a dash (Figure 5). When the "0" on the red background has reached the middle of the window you should discard your inhaler. The sound you hear when you shake the inhaler is produced by a drying agent, not the medication. SYMBICORT TURBUHALER cannot be re-filled with drug and should be discarded.

Figure 5



OVERDOSE:

In case of drug overdose, contact a health care practitioner, hospital emergency department or regional Poison Control Centre immediately, even if there are no symptoms.

The most common signs and symptoms that may occur after overdosage are trembling, headache and rapid heartbeat.

MISSED DOSE:

If you miss a dose of SYMBICORT TURBUHALER, take it as soon as you remember and then go back to your regular schedule. Never take a double dose of SYMBICORT TURBUHALER to make up for missed doses. If you are still unsure, check with your doctor or pharmacist to see what you should do.