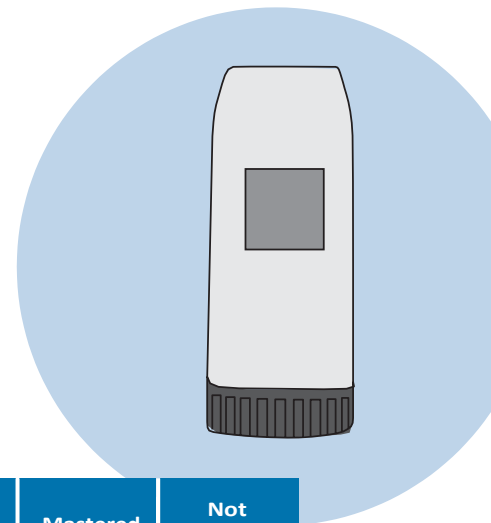


USE OF THE TURBUHALER *[®]



* Daily use



Drug : _____
 Indication (maintenance or rescue or maintenance+rescue): _____
 Number of inhalations: _____ Number of times per day: _____
 Other information: _____

		Mastered	Not mastered
1	Prepare the device: unscrew the cover of the device, then remove it		
2	Hold the device in an upright position		
3	Prepare the dose: turn the color wheel as far as possible in one direction and then turn it as far as possible in the opposite direction. A click will be heard during the process		
4	Breathe out normally next to the device, emptying the lungs without forcing		
5	Place the tip of the device in the mouth and tighten lips and teeth around, the device will be horizontal: a. Do not block the air intake		
6	Breathe in through the mouth sharply and deeply		
7	Move the device away from the mouth		
8	Take a break: hold your breath for 5 to 10 seconds		
9	Breathe out through the nose		
10	Repeat steps 2-9 for each prescribed inhalation as soon as breathing has returned to normal		
11	Replace the protective cover of the device after each use		

REMARKS

To limit the adverse effects of the medication, rinse your mouth with water (do not swallow the water).

ACTIVATION / REACTIVATION : _____

MAINTENANCE: _____

HOW TO KNOW IF IT IS EMPTY: _____



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EN SANTÉ RESPIRATOIRE

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