Using your Pulmicort® Turbuhaler® (budesonide): Steps 1 to 10

1. Twist and remove cover.

2. Hold the inhaler upright with mouthpiece facing up.

3. Twist grip to **right then left** until it clicks. This gets the medicine ready for breathing in.

4. **Breathe OUT normally** and away from the inhaler. Don’t take a breath until step #6.

5. Put the inhaler in mouth with lips tight around mouthpiece. Inhaler may be held upright or horizontal.

6. **Breathe IN quickly to fill you lungs full of medicine.**

7. **Hold your breath for 5 seconds** and then take the device out of your mouth. We want to keep your lungs filled with medicine for 5 seconds.

8. **Breathe IN and OUT normally.**

9. Replace cover and twist to close, and store device in a cool, dry place.

10. Gargle your mouth and throat with water.

Adapted From: <http://pulmicortrespules.com>
Illustration Adapted From: <http://www.asthma.ca>.