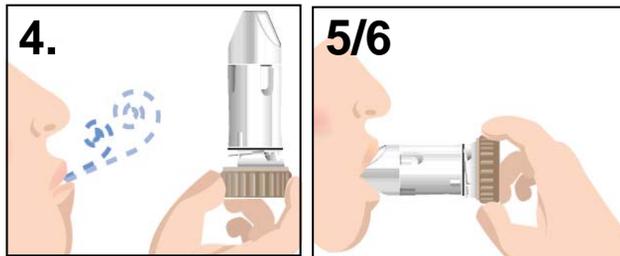
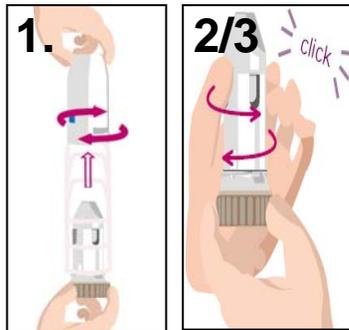
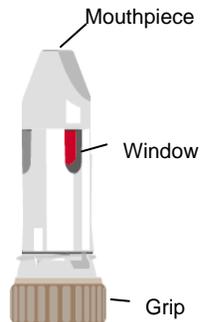


Using your Pulmicort® Turbuhaler® (budesonide): Steps 1 to 10



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.