How to Use Your Twisthaler®

1. Check the dose counter before each use.

2. Hold the inhaler straight up with the colored base at the bottom.

3. Twist the white cap off. This loads one dose of medicine for you to breathe in. The dose counter will count down by one.

4. Stand or sit up straight.

5. Turn your head away from the inhaler. Breathe out all the way. DO NOT breathe into the inhaler.

6. Hold the inhaler on its side. Seal your lips tightly around the mouthpiece.

7. Breathe in FAST and DEEP (1-2 seconds) through your mouth. DO NOT cover the air vents while breathing in.

8. When your lungs are full, take the inhaler out of your mouth.

9. Hold your breath for 10 seconds or as long as you can.

10. Breathe out normally.

11. Twist the cap back onto the inhaler. Be sure the arrow on the white cap lines up with the dose counter. Turn until you hear a “click”. The arrow on the white cap should line up with the window on the colored base.

12. If a second dose is prescribed, repeat steps 1-10.

The Twisthaler® is a dry powder inhaler. When you breathe in a dose, you may or may not feel or taste the medicine.

After using steroid inhalers like the Twisthaler®:

- Rinse your mouth
- Gargle
- Spit the water out
- DO NOT SWALLOW THE WATER

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Twisthaler® Tips

Do I need to prime the Twisthaler®?

- This inhaler does not need to be primed.

How do I care for my Twisthaler®?

- Store this inhaler in the foil pouch. Only open when you are ready to use it.
- Write the date you opened the foil pouch on the cap.
- Write the “use by” date on the cap. This is 45 days after first opened. Do not use the inhaler past the “use by” date.
- Keep this inhaler in a dry place.
- Keep this inhaler at room temperature.
- Do not wash or take this inhaler apart.
- If the mouthpiece needs to be cleaned, wipe off with a dry cloth.

How do I know when I need a refill?

- The dose counter shows the number of doses left in this inhaler.
- When this inhaler is brand new, it has 120 doses.
- The dose counter counts down by 1.
- When the dose counter reaches 20, contact the pharmacy to get a refill.
- When the dose counter reaches “0”, it is empty. Throw it away.
- Do not use the inhaler past the expiration date. If expired, throw the inhaler away and ask for a refill.

Adapted from:

Talk to your health care provider if you have questions about your Twisthaler®.