

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. Breathe out all the way. **DO NOT** breathe into the inhaler.
- 5) Hold the inhaler on its side. Seal your lips tightly around the mouthpiece.
- 6) Breathe in **FAST** and **DEEP** (1-2 seconds) through your mouth. **DO NOT** cover the air vents while breathing in.
- 7) When your lungs are full, take the inhaler out of your mouth.
- 8) Hold your breath for 10 seconds or as long as you can.
- 9) Breathe out normally.
- 10) 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 pink base.
- 11) 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**

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 and 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.
- 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.

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