

## How to Use the Twisthaler



### Instructions:

1. Hold the Twisthaler inhaler straight up.
2. Hold the colored pink base. Twist the cap in a counterclockwise direction to remove the cap.
3. By removing the cap the inhaler automatically loads the correct medication dose. The dose counter on the base will reduce by one.
4. Do not shake the inhaler.
5. Make sure the indented arrow located directly above the base is in line with the dose counter.
6. Turn your head away from the inhaler and exhale.
7. Place the mouthpiece in your mouth by holding the inhaler horizontally. Firmly close your lips around the mouthpiece to form a good seal.
8. Take a deep and quick breath. Do not breathe into the inhaler.
9. Remove the inhaler from your mouth.
10. Hold your breath for 10 seconds or as long as comfortable.
11. Exhale slowly through your mouth or nose away from the inhaler.
12. Immediately place the cap back on the inhaler. Turn the cap clockwise and you will hear a click to let you know the cap is fully closed.

### Tips:

- Always close the cover after use.
- Remember to rinse your mouth thoroughly after taking your dose and spit out the water.
- Do not store medication in a humid place or in the bathroom.