



## How to Use a Dry Powder Inhaler

*Twisthaler*®

### *Before Using a New Twisthaler:*

1. Remove the Twisthaler from the foil pouch.
2. Write the date on the cap label. Throw away the inhaler 45 days after this date or when the dose counter shows "00", whichever comes first.

### *Loading a Dose of Medicine:*

1. Hold the Twisthaler straight up with the pink base on the bottom. That way, you will be sure you get the right amount of medicine with each dose.
2. Remove the cap from the inhaler by twisting it. The dose counter will decrease by one. If loaded properly, the indented arrow will line up with the dose counter.

### *Breathing in the Medicine:*

3. Turn your head away from the Twisthaler. Gently breathe out as much air as you can.
4. Seal your lips around the Twisthaler mouthpiece. Be sure to hold the inhaler in a horizontal position.
5. Breathe in deep and steady through your mouth. Remove the Turbuhaler from your mouth.
6. Hold your breath for 5 to 10 seconds—or for as long as you comfortably can with your mouth closed. Then resume normal breathing.
7. If more than one dose is prescribed, repeat steps 1 through 7 for each dose.
8. Rinse your mouth with water and spit it out.
9. After you have finished taking a treatment, place the cover on the Twisthaler and twist it to close. When you hear a click, you will know it is completely closed. This will keep it clean and dry.

### *Additional Inhaler Tips:*

1. The only way to properly load the medicine is by twisting the Twisthaler cap, so always keep the cap on the inhaler when not in use.
2. Store the Twisthaler in a cool, dry place. If the mouthpiece gets dirty, wipe it with a cloth.
3. When the "01" appears in the dose indicator window, there is one dose remaining. After dose "01", the counter will read "00" and the pink base will lock. Start using a new Twisthaler.