Twisthaler®



Closed. Hold upright



Breathe out



Twist cap on to close



Twist cap off and remove



Breathe in fast and deep. Hold. Breathe out.



How do I use my Twisthaler®?

- 1. Hold the inhaler upright with the colored portion (or base) down.
- 2. Hold the colored base and twist the cap counter clockwise to remove it. As you lift off the cap, the dose counter on the base will count down by one.
- 3. Breathe out fully away from the mouthpiece.
- 4. Bring the inhaler up to your mouth in a horizontal position, close your lips around the mouthpiece and take in a **fast**, **deep** breath. Remove the inhaler from your mouth and hold your breath for up to 10 seconds, or for as long as is comfortable. Breathe out.
- 5. Replace the cap by twisting it clockwise while gently pressing the cap down until a click sound is heard. Firmly closing the inhaler right away after use loads the dose for your next inhalation.
- 6. Rinse your mouth.

Care of a Twisthaler®

- 1. Wipe the mouthpiece with a dry cloth or tissue.
- 2. Never wash the Twisthaler[®].
- 3. When the dose counter reads "01", this indicates the last remaining dose. After "01", the counter will read "00" and the cap will lock. Discard the unit.

