

# How to Use Twisthaler

Patient Education Guide



**Learn with** - An Interactive training - Engaging animations - Your web cam

**Good Inhaler Technique** -Increases medicine effect - Saves of cost of medicine - Reduces ER Visits

[www.use-inhalers.com](http://www.use-inhalers.com)

- For cleaning refer to the patient instructions that accompanies your inhaler.
- Following these step by step instructions will help you to inhale medicine effectively.



**Step1:** Hold the Twisthaler straight up. Rotate the cap in counterclockwise direction to open it.



**Step2:** Lifting the cap will load the dose. The dose counter on the base will reduce by 1.



**Step3:** Make sure the indented arrow located directly above the base is in line with the dose counter.



**Step4:** Exhale away from the inhaler.



**Step5:** Keep the Twisthaler in your mouth horizontally. Take a quick and deep breath.



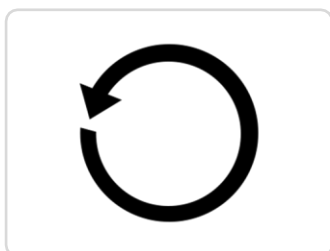
**Step6:** Hold your breath for 10 seconds. Exhale slowly through your mouth or nose.



**Step7:** Immediately put the cap back. Rotate in clockwise direction and gently press down. You'll hear a click.



**Step8:** Make sure that the groove is in line with the dose counter window.



**Step9:** Repeat 1 to 8 steps after 30 seconds, if another dose is required. If you are using a corticosteroid medication, rinse your mouth after all doses are complete.

**Tip: Remember to rinse your mouth thoroughly after taking your dose and spit out the water.**

**Use-inhalers website is a great resource for Asthma and COPD patients. Learn how to use your Inhaler with interactive audio-visual instructions. Practice using the innovative webcam feature.**

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