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

- 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.