



... use a *Twisthaler*[®]

Suggested age: 6 years and up

The *Twisthaler*[®] contains a dry powder medication. The *Twisthaler*[®] is breath activated; breathing in deeply and quickly pulls the medication out. Breathing in forcefully is necessary as there is a very small amount of powder in each dose.



Figure 1 – Cap Removal

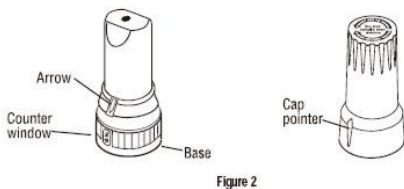


Figure 2



Figure 3 – Inhalation

1. **Hold the inhaler upright** (mouthpiece up)
2. **Remove cap** from inhaler, by unscrewing and lifting off the cover. Removing the cap loads the dose in the inhaler.
3. **Breathe out fully**, away from the *Twisthaler*[®].
4. **Seal lips around the mouthpiece**, holding the inhaler horizontally. Do not cover the ventilation holes.
5. **Breathe in forcefully** and deeply through your mouth. You may not taste or feel any medication when breathing in, this is common.
6. **Hold breath for 10 seconds** or as long as possible.
7. Remove the *Twisthaler*[®] from your mouth before breathing out slowly.
8. If more than one dose has been prescribed, replace the cap and twist until you hear a click and then repeat the steps 2 to 7.
9. Replace the cover and twist shut until a click is heard.
10. Rinse mouth and gargle with water after using corticosteroids, including combination puffers. If possible, do not swallow the water.

Notes

The *Twisthaler*[®] has a **dose counter**. The counter will read “00” when it is empty. Shaking the *Twisthaler*[®] does not tell you if it is full or empty! The dose is actually lost when you shake or drop the *Twisthaler*[®] after it is loaded. In this case, you should load a new dose for your child to inhale. Always check the **expiry date** of medications. **Also read the instructions that come with the *Twisthaler*[®].**

Cleaning instructions

Wipe the mouthpiece at least once a week with a dry tissue or cloth. Never wash the device with water.