

How to Use Twisthaler

Patient Education Guide



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

Good Inhaler Technique: -Increases medicine effect - Reduces medicine cost - Reduces ER Visits

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- 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.



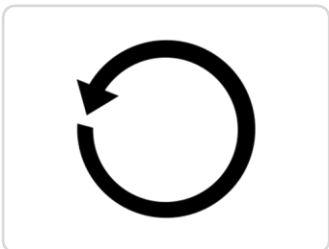
Step6: Hold your breath for 10 seconds. Exhale slowly through your mouth or nose.



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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