

# HOW TO USE A Dry Powder Inhaler – Twisthaler®



A Twisthaler® is an inhaler shaped like a small rocket. It delivers pre-set doses of medicine in powder form. The medicine gets to your airways when you take a deep, fast breath in from the inhaler. To keep your asthma under control, it is important to take your medicine as prescribed by your doctor or other health care professional and to use the proper technique to deliver the medicine to your lungs. If you don't use your inhaler correctly, you won't get the medicine you need.

Here are general steps for how to use and clean a Twisthaler®. Be sure to read the instructions that come with your inhaler. Ask your doctor, pharmacist, or other health care professional (such as nurse practitioner, physician assistant, nurse, respiratory therapist, or asthma educator) to show you how to use your Twisthaler®. Review your technique at each follow-up visit.

1. Hold the inhaler upright with the pink part at the bottom.
2. Twist the cap to the left (counter clockwise) to remove it. This will load a dose of medicine. Do not shake the inhaler.
3. Stand up or sit up straight.
4. Take a deep breath in and blow out completely to empty your lungs. Do not blow into the inhaler.
5. Place the mouthpiece of the inhaler in your mouth and close your lips around it to form a tight seal. Do not cover the holes on the sides.
6. Take a fast, deep, forceful breath in through your mouth.
7. Hold your breath and count to 10.
8. Take the inhaler out of your mouth. Breathe out slowly, facing away from the inhaler.
9. When you finish, wipe the mouthpiece dry, if needed. Put the cover back on the Twisthaler® and twist until it clicks.
10. If you are supposed to take more than 1 inhalation of medicine per dose, wait 1 minute and repeat steps 2 through 9.
11. If using an inhaled corticosteroid, rinse out your mouth with water and spit it out. Rinsing helps to prevent an infection in the mouth.
12. Store the Twisthaler® in a cool, dry place (not in the bathroom).

**Note:** A Twisthaler® has a built-in counter to tell you how many doses are left. When the counter gets to “0,” throw it away. Be sure to get a refill of your inhaler before the counter gets to “0.”

## HOW TO CLEAN A TWISTHALER®

- Wipe the mouthpiece at least once a week or as needed with a dry cloth.
- **Do NOT use water** to clean a Twisthaler®.



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