



## Using Your Twisthaler

### Follow these steps to correctly use your twisthaler

1. Hold the twisthaler straight up and down with the base at the bottom.
2. Twist the inhaler to the right and lift the cap straight off. This gets one dose of medicine ready to use.
3. Before using the twisthaler, turn your head away from the opening and breathe out normally. **Do not breathe into the twisthaler.** This will get the medication moist and it will no longer work.
4. Sit up straight or stand.
5. Place twisthaler in the mouth beyond your teeth with your lips sealed around the mouthpiece.
6. Inhale with one **fast** and **deep** breath in.
7. Hold your breath in for 10 seconds.
8. If the mouthpiece is wet, wipe it with a clean dry cloth.
9. Put the cap back on the twisthaler and twist closed after each use. You will hear a click and the arrows on the cap and base will line up when it is closed.
10. Brush teeth or rinse your mouth out with water after each use. **Do not** swallow the water.



**See page 2 for storage tips.**

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## Keep your twisthaler in a dry place

- **Do not** get the twisthaler wet. Keep away from moist areas.
- **Do not** keep in a bathroom or other damp rooms in your home.
- If the medication is moist or wet, it will no longer work.

## Do not run out of medication

- The dose counter above the base of the twisthaler tells how many doses are left.
- Keep a watch on the number of doses left in your twisthaler.
- **When you have used about half of the doses, call to get a refill.**
- When the number in the dose counter reads “**01**,” this will be your last dose. Once you put the cap back on after the dose, the cap will lock and the twisthaler must be thrown away.

**For questions and resources, call 1 (833) 327-8462.  
[www.SouthSideKidsAsthma.org](http://www.SouthSideKidsAsthma.org)**