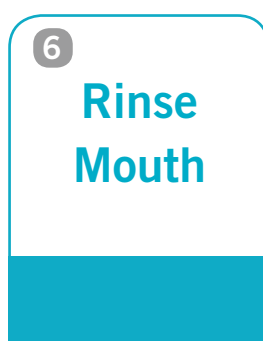
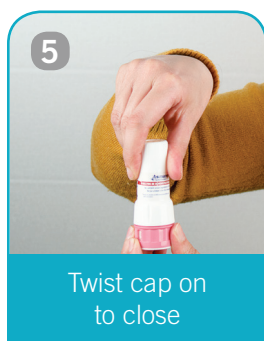
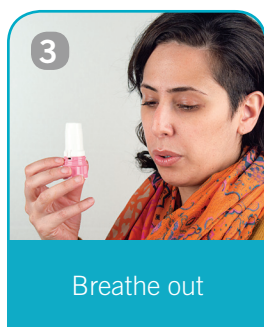
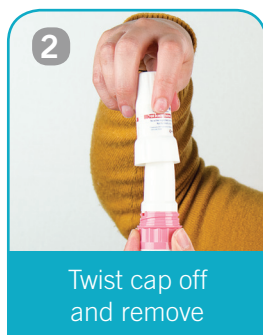
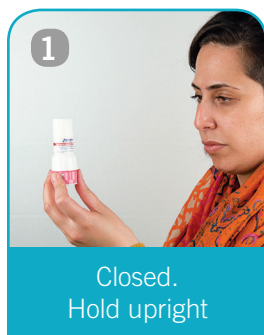


# Twisthaler®



## How do I use my Twisthaler®?

1. Hold the inhaler upright with the colored portion (or base) down.
2. Hold the colored base and twist the cap counter clockwise to remove it. As you lift off the cap, the dose counter on the base will count down by one.
3. Breathe out fully away from the mouthpiece.
4. Bring the inhaler up to your mouth in a horizontal position, close your lips around the mouthpiece and take in a **fast, deep** breath. Remove the Twisthaler from your mouth and hold your breath for up to 10 seconds, or for as long as is comfortable. Breathe out.
5. Replace the cap by twisting it clockwise while gently pressing the cap down until a click sound is heard. Firmly closing the inhaler right away after use loads the dose for your next inhalation.
6. Rinse your mouth.

## Care of a Twisthaler®

1. Wipe the mouthpiece with a dry cloth or tissue.
2. Never wash the Twisthaler®.
3. When the dose counter reads “01”, this indicates the last remaining dose. After “01”, the counter will read “00” and the cap will lock. Discard the unit.



For video instruction:  
[lungsask.ca/inhaler-resources](https://lungsask.ca/inhaler-resources)