

COPD: Using Your Twisthaler

Your doctor may prescribe a medication for you in the form of a dry powder inhaler, or DPI, to help control your COPD. A DPI delivers powdered medication into your lungs.

Each DPI works a little differently, so be sure to have your healthcare provider coach you on exactly how to use it.

As an example, let's take a closer look at the Twisthaler DPI.

A Twisthaler has a cap, and a mouthpiece. It also has a dose counter to show how many doses you have left. When this reaches zero you have no more doses left.

To use your Twisthaler you need to hold it up right.

Next twist off the cap counter clockwise, this will prepare a dose of medication. You will notice the counter lower by one.

Hold the TwistHaler away from your mouth. Take a breath out to empty the air from your lungs.

Next, bring the TwistHaler to your mouth. Holding it level place the Twisthaler mouthpiece in your mouth.

Take a quick, deep breath in.

Your goal is to hold your breath for 10 seconds.

Repeat these steps for any additional doses prescribed.

Put the cap back onto the Twisthaler and turn it clockwise until you hear a click.

It is important to rinse your mouth, and spit the water out, after using a DPI.

This removes any powder that has settled on your tongue or in your mouth and will help prevent a yeast infection in your mouth called thrush.

When you finish using your Twisthaler make sure to store it in a cool dry place, away from moisture.

Follow your healthcare provider's direction on how many times a day to use your Twisthaler.

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Remember when using your Twisthaler to...

Twist off the cap counter clockwise.

Breathe out fully away from the device.

Bring the Twisthaler to your mouth.

Take a quick, deep breath in.

Hold your breath for ten seconds.

Take the device away from your mouth.

Exhale.

If you have any questions about your Twisthaler, or feel you may be experiencing side effects, talk with your healthcare provider.