

How to Use a Twisthaler

When you have asthma your healthcare provider may prescribe a Twisthaler to help you manage your condition.

A Twisthaler delivers powdered medication into your lungs.

Let's try it now.

Step 1.

Hold the Twisthaler upright and twist off the cap counterclockwise. This will prepare a dose of medication.

Step 2.

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

Step 3.

Holding it level, place the TwistHaler mouthpiece in your mouth.

Take a big quick breath in.

Hold your breath for 10 seconds.

Step 4.

Take the device away from your mouth and exhale.

Step 5.

If you need another dose, repeat Steps 3 and 4. Then rinse your mouth with water and spit it out.

Step 6.

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

Check to see how many doses you have left.

Let's review.

Twist off the cap counter clockwise.

Breathe out fully away from the device.

Bring the TwistHaler to your mouth and take a big breath in. Hold your breath for ten seconds.

Take the device away from your mouth and exhale.

Repeat if another dose is needed. Then rinse your mouth with water and spit it out.

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

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Using your TwistHaler correctly will help you get the medication you need into your lungs in order to manage your asthma.

If you have questions about your TwistHaler, ask your healthcare provider at your next appointment.