

Step-by-Step: Using a Dry-Powder Twist Inhaler

Using a Dry-Powder Twist Inhaler. Wash your hands with soap and water for at least 20 seconds. Check the expiration date on your inhaler.

Twist the top of your inhaler. Remove the top from your inhaler. Make sure to hold your inhaler straight.

Don't shake it up and down. Stand up straight or sit up straight. Turn your head away from your inhaler and take one breath in.

Keeping your head turned away, let out one breath. Turn your head toward your inhaler and place it between your lips.

Take one breath in, hold your breath for 10 seconds. Remove the inhaler from your mouth and turn your head away from it. Let out one breath.

Place the top back on the inhaler and twist it closed. If your inhaler used a steroid, rinse your mouth with a sip of water and spit it out.

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