

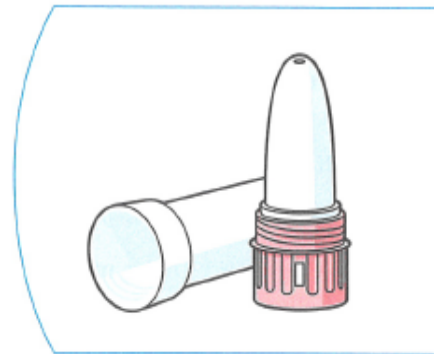


### **The Twisthaler®**

The Twisthaler has a dose indicator on the pink base of the inhaler. It counts down the number of doses as you use them.

#### *Before Using a New Twisthaler:*

- Remove the Twisthaler from the foil pouch.
- Write the date on the cap label. Throw away the inhaler 45 days after this date or when the dose counter shows “00”, whichever comes first.



#### *Loading a Dose of Medicine:*

1. Hold the Twisthaler straight up with the pink base on the bottom. That way, you will be sure you get the right amount of medicine with each dose.
2. Remove the cap from the inhaler by twisting it. The dose counter will decrease by one. If loaded properly, the indented arrow will line up with the dose counter.

#### *Breathing In the Medicine:*

3. Before breathing in the dose of medicine, breathe out as much air as you can.
4. Put the Twisthaler to your lips and make a seal around the mouthpiece. Be sure to hold the inhaler in a horizontal position.
5. Breathe in through your mouth. Hold your breath for 10 seconds.
6. Remove the Twisthaler from your mouth. Then, resume normal breathing.
7. If more than one dose is prescribed, repeat steps 1 through 6 for each dose.
8. After you have finished taking a treatment, place the cover on the Twisthaler and twist it to close. When you hear a click, you will know it is completely closed. This will keep it clean and dry.
9. Rinse your mouth with water and spit it out.

#### *Twisthaler Notes:*

- Keep the Twisthaler closed when not in use.
- Keep the Twisthaler dry. If the mouthpiece gets dirty, wipe it with a cloth.
- When the “01” appears in the dose indicator window, there is one dose remaining. After dose “01”, the counter will read “00” and the pink base will lock. Start using a new Twisthaler.