

## How to Use Your Twisthaler

1. Hold the device upright by the coloured base.
2. Twist the cover off. The medication is now ready to use.
3. Tilt your head back slightly and sit up straight.



4. Blow out away from the device.
5. Seal your lips around the mouthpiece.
6. Breathe in fast and deep.
7. Hold your breath for up to 10 seconds.



8. Twist the cap back on until you hear a click. It is now fully closed and ready for your next dose.
9. Repeat steps 2-9 if needed.
10. When you are done, rinse, gargle and spit.



11. Wipe mouthpiece with a dry cloth.
12. There is a counter on the side of the device that will count down by one each time you use it. It will read "0" when the device is empty and when you replace the cap on the Twisthaler, it will lock in place.
13. Store in a cool, dry place.