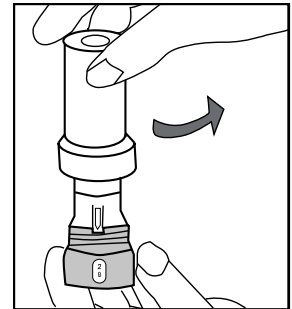


# How to use your Twisthaler®

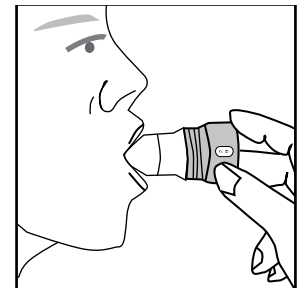
## Open the inhaler

1. Hold your inhaler straight up, with the pink base at the bottom.
2. Keep the inhaler upright. Grip the base with your left hand. With your right hand, twist the white cap to the left (counter-clockwise.)
3. Lift the cap off. When you take the cap off, it will load your inhaler with one dose of medicine. The dose counter will count down by 1 dose.
4. Make sure the arrow on the white part of your inhaler is pointing to the dose-counter window.



## Inhale your dose

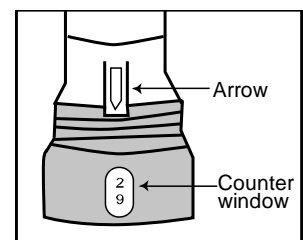
1. Breathe all the way out.
2. Place your inhaler in your mouth and close your lips around the mouthpiece.
3. Take a fast, deep breath through your mouth while holding the mouthpiece.
4. Take the inhaler out of your mouth. Hold your breath for 10 seconds, or as long as you can.



**Important note:** You might not taste or feel the medication. That doesn't mean you didn't get your dose.

## After your dose

1. After you're done taking your dose, wipe the mouthpiece with a clean dry cloth or tissue.
2. Rinse your mouth with water.
3. Replace the cap on your inhaler. Twist the cap gently to the right (clockwise) until it clicks.
4. Make sure the arrow is in line with the dose-counter window. Now your inhaler is ready for your next dose.



## Important tips

- Write 2 dates on the cap of your inhaler when you first open it. The **1st** date is when you open it. The **2nd** date is the last day you can use it before you need to throw it away. You'll need to throw your inhaler away **45** days after you open it, even if you have doses left.

- Plan to refill your prescription for your Twisthaler when the dose counter reads 10 or less. That way you'll have your new medication before you run out.
- Don't breathe out through your inhaler. Make sure to take the inhaler out of your mouth before letting your breath out.
- When you put the cap back on your inhaler, make sure you hear it click closed. Check to see that the arrow is in line with the dose-counter window. This is the only way to be sure your inhaler is ready for your next dose.
- Keep your inhaler clean and dry. Gently wipe the mouthpiece with a clean dry cloth or tissue. Don't wash your inhaler.
- Know when your inhaler is empty. Watch the dose-counter window on the pink base. When it reads "01" it means you only have 1 dose left. After taking the last dose, the cap will lock and you'll need to throw the inhaler away.