

How to Take Your Inhaler Medicines

Dry Powder Inhaler (DPI)—Twisthaler

Open the Inhaler



1. Hold the inhaler straight up with the pink or gray base on the bottom.



2. Hold the base, and twist the white cap to the left. The dose counter counts down by one as you twist off the white cap.

Rinse your mouth with water, gargle and spit. Do not swallow.

- Repeat each step every time you take a dose.
- Do not get the inhaler wet.
- Store in a cool, dry place.

Inhale the Dose



3. Turn your head and breathe out.



4. Close your lips tightly around the mouthpiece, and take a deep, fast breath. Hold the inhaler sideways.



5. Take the inhaler out of your mouth, and hold your breath for 10 seconds. Replace the cap on the inhaler, and twist to the right until it clicks. It must be fully closed to load the next dose.



6. Be sure the arrow on the cap is lined up with the dose counter on the pink or gray base.

Dry powder inhalers are controller medicines. They are not to be used for quick relief.