

How to use a Twisthaler®



Interior Health
Every person matters

Patient Information

www.interiorhealth.ca

Usage

- Do not shake the Twisthaler® before using.
- If you breathe into the Twisthaler® after taking the cap off, you will need to put the cap back on and follow steps 1 to 7. You will not receive a double dose.

Cleaning

- Wipe the mouthpiece with a clean, dry, cloth or tissue after you take your dose.
- Never use water.

Storage

- Keep the cap on when not in use.
- Keep it in a dry place at room temperature.
- Keep it away from direct sunlight or heat.

When to get a new Twisthaler®

- Once you take your first dose of medication it should be used within 2 months.
- Check the dose counter and the expiry date on the Twisthaler®.
- Every time you twist the cap off and take a puff the dose counter counts down by 1.
- When the counter shows “01” this will be your last dose.
- When the Twisthaler® is empty the cap locks and the counter reads “00”.
- Start a new inhaler when the old one is locked or expired.

This document is for informational purposes only. For detailed instructions on use of the Twisthaler® and information about your medication please see the package insert or ask your pharmacist.

more information on other side →

Healthlink BC	Nurse	24 hours a day	Daily	<i>Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.</i>
Call 8-1-1	Dietitian	9 am–5 pm	Mon–Fri	
	Pharmacist	5 pm–9 am	Daily	
	Hearing Impaired	Call 7-1-1		
www.healthlinkbc.ca				

How to use a Twisthaler® (continued)



1. Twist cap off.



2. Breathe out, away from the Twisthaler® to the end of a normal breath.



3. Put the Twisthaler® between your teeth and seal your lips around it. **Do not block** the air vents. **Breathe in fast,** until your lungs are full.



4. Remove the Twisthaler® and **hold your breath** for **10 seconds,** if you can. **Breathe out.**



5. Push the cap down and twist until you hear it **click.**



6. Rinse, gargle and spit out.