



medfacts

AN EDUCATIONAL HEALTH SERIES FROM NATIONAL JEWISH HEALTH™

Using A Twisthaler®

Many medications are available as inhaled treatments. Inhaled methods deliver medication directly to the airway, which is helpful for lung diseases. The patient and health care provider can choose from a variety of delivery systems for inhaling medication.

A Twisthaler® consists of a plastic device containing dry powdered medication. A Twisthaler® is breath activated. This means when you inhale, the Twisthaler® automatically releases the medication. When inhaled correctly, the medication has a better chance to reach the small airways. This increases the medication's effectiveness. The portable size, efficiency and convenience make the Twisthaler® a desirable method for inhalation treatment.

The following steps outline the best method to use a Twisthaler®.

Before Using a New Twisthaler®:

1. **Remove the Twisthaler from the foil pouch.**
2. **Write the current date on the cap label.** Throw away the Twisthaler 45 days after this day or when the dose counter reads 00, whichever comes first.

Taking an Inhaled Treatment:

1. **Hold the Twisthaler straight up with the pink portion on the bottom.** This is important to make sure you get the right amount of medicine.
2. **Remove the cap from the Twisthaler® by twisting off the cap.**



3. **As you lift off the cap the dose counter on the pink portion will count down by one.** This action gets the medicine ready for you to inhale.

Taking an Inhaled Treatment:

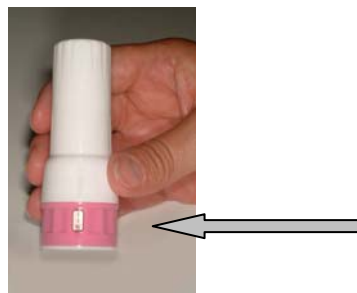
1. **Hold the Twisthaler® away from your mouth and gently breathe out.**
2. **Seal your lips around the mouthpiece.**



3. **Inhale rapidly and deeply.** Continue to take a full, deep breath.
4. **Take the Twisthaler® out of your mouth. Hold your breath for 10 seconds.**
5. **Resume normal breathing.** Do not breathe out into the Twisthaler.
6. **Close the Twisthaler® by twisting on the cap. The indented arrow on the case should line up with the dose counter when the Twisthaler® is closed.** Keep the cap on the Twisthaler® when not in use. This will keep the Twisthaler® clean and dry.
7. **Repeat steps 1-6 when more than one puff is prescribed.**
8. **Rinse your mouth and spit out the water after inhaling the medication.**

Identifying When the Twisthaler® is Empty:

1. **The Twisthaler® has a dose counter on the pink base.**



2. **The dose counter will show the doses of medicine left.** When the dose counter shows 01, there is one dose left.
3. **When the Twisthaler® is empty the dose counter will show 00 and the pink base will not turn. Start using a new Twisthaler®.**
4. **Note: There is an indented white arrow on the white portion above the pink base. This should always line up with the dose counter.**

Note: This information is provided to you as an educational service of LUNG LINE®. It is not meant to be a substitute for consulting with your own physician.