

# Using Your Inhaler Medicine

## Dry Powder Inhaler (DPI)

### Twisthaler

#### Open Inhaler



1. Hold inhaler straight up with pink base on bottom.



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

#### Inhale dose



3. Turn head and breathe out.



4. Close lips tight around the mouthpiece and take a deep, fast breath.  
Hold the inhaler horizontal.



5. Take inhaler out of your mouth and hold 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.



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

**Repeat each step every time you take a dose.**