



**LUNG
SASK**

TWISTHALER™ (TWIST-hay-ler)
Inhaler Delivery Device

HOW TO USE A TWISTHALER™

Remove the device from the foil pouch and discard the foil. The device comes ready to use and does not need priming.

1. Hold the inhaler upright, the coloured part is the base.
2. Hold the base and twist the cap counter clockwise to remove it. As you lift off the cap, the dose counter on the base will count down doses by one.
3. Breathe out, away from the mouthpiece.
4. While holding the base, bring the inhaler up to your mouth in a horizontal position, and tilt your chin up slightly. Do not block the side vents. Close your lips around the mouthpiece and take in a fast, deep breath.
5. Remove from your mouth and hold your breath for 5-10 seconds.
6. Breathe out, away from the mouthpiece.
7. Replace the cap by twisting it clockwise while gently pressing the cap down until a click is heard. Firmly closing the cap will prepare the next dose.
TIP: The arrows should be fully aligned with the dose counter window.
8. Rinse your mouth with water and spit out.



1. Hold upright



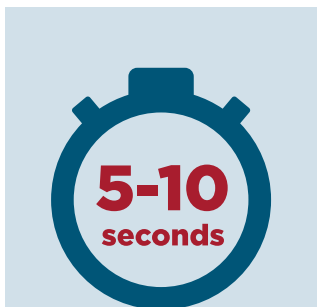
2. Twist cap off



3. Breathe out



4. Tilt chin slightly, seals lips around mouthpiece, and breathe in fast and deep



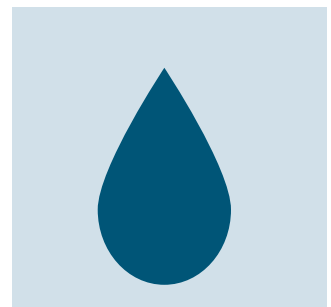
5. Hold breath (5-10 secs)



6. Breathe out



7. Replace the cap tightly



8. Rinse mouth

TWISTHALER™ Inhaler Delivery Device

CARE OF A TWISTHALER™

1. Use the inhaler within 2 months of opening the foil packet. Mark the use-by date on the device.
2. Wipe the mouthpiece with a dry cloth or tissue if needed.
3. Avoid moisture - never wash the device or blow into the mouthpiece.
4. Store at room temperature in a dry place.
5. Always replace the cap to set up the next dose. When the dose counter reads "01", this means there is one remaining dose. After "01", the counter will read "00" and the cap will lock. Throw away the device.
6. Always check the inhaler's expiry date.



Important information:

Twisthaler™ is the name of the inhaler delivery device. Medications in this device have a brand name and generic names.

Inhalers available in the Twisthaler™:

Asmanex™

Generic name: mometasone furoate

Doses: 100; 200; 400 mcg per puff

Duration: 24h



For video instruction:
lungsask.ca/inhaler-resources



lungsask.ca

