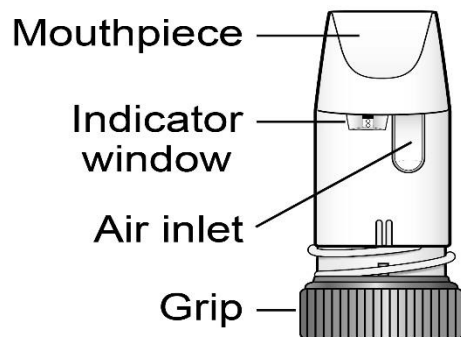


Dry Powder Twisthaler® or Flexhaler®

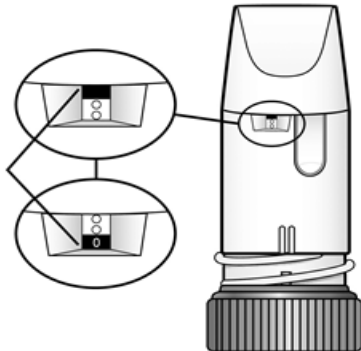
What is a Flexhaler?

A **Twisthaler®** or **Flexhaler®** is a device that holds medicine that you inhale. It enters through your airway and goes into your lungs. The medicine comes in a dry powder form.

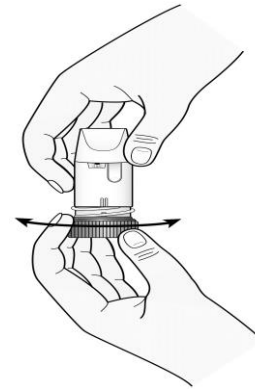


How do I use a Twisthaler® or Flexhaler®?

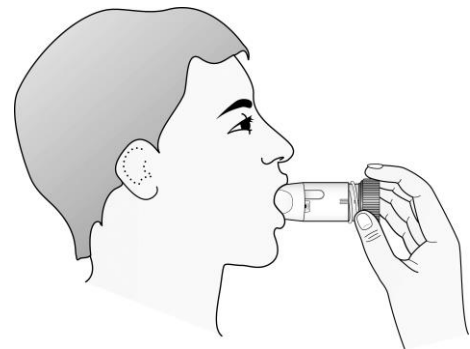
1. Turn the cover and lift off with the inhaler upright.



2. Prime the inhaler for the very first time it is used. To prime, twist the bottom grip fully to the right, then fully back again to the left until it clicks. Repeat.



3. To load the dose, twist the bottom grip fully to the right and fully to the left until it clicks. Do not shake the inhaler after you load it.
4. Breathe or blow out air to empty your airways. **Never blow into the Twisthaler® or Flexhaler® mouthpiece.**
5. Place the mouthpiece gently between your teeth. Close your lips and **breathe in deeply** through your mouth. Do not cover the ventilation holes while you inhale.



6. Hold your breath for about 10 seconds.

7. Before you breathe out, take the inhaler out of your mouth, and wipe the mouthpiece dry.
8. If you need another dose, repeat steps 3-7.
9. Replace the cover and twist shut.
10. Rinse your mouth with water and spit or brush your teeth if instructed.

How do I store the Twisthaler® or Flexhaler®?

Store in a cool, dry place. Do not wash the inhaler or get it wet.

How do I know how many doses are left in the Twisthaler® or Flexhaler®?

There is a window under the mouthpiece that shows how many doses are left. When a red mark first appears in the **Twisthaler®** or **Flexhaler®** device window, it is ready to be refilled. When there is a “0” noted in the window, the inhaler is empty.

The Spanish version of this *Health Facts for You* is #6658s

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 12/2018. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6658