

How to Use a Twisthaler Dry Powder Inhaler



1. Hold inhaler straight up and down. Twist the colored grip on the bottom of the inhaler and lift cover off. This loads a dose.



2. Breathe out away from the device.



3. Put the mouthpiece in your mouth and close your lips making a tight seal. Breathe in quickly and deeply.



4. Hold your breath for 10 seconds.



5. Breathe out slowly.

If you need another puff of medicine, wait 1 minute and repeat steps 1-5.



6. Close inhaler cover by twisting until tight.



7. Rinse your mouth with water and spit it out.

Proper inhalation technique is important when taking your asthma medicine(s) and monitoring your breathing. Make sure to bring all your medicines and devices to each visit with your primary care provider or pharmacist to check for correct use, or if you have trouble using them.

For more videos, handouts, tutorials and resources, visit [Lung.org](https://www.lung.org).

Scan the QR Code to access How-To Videos



You can also connect with a respiratory therapist for one-on-one, free support from the American Lung Association's Lung Helpline at **1-800-LUNGUSA**.