

How to Use a Dry-Powdered Inhaler Twisthaler (DPI)

You have been prescribed an inhaled medication that is delivered through a dry-powdered inhaler (DPI), called a Twisthaler. Please follow these instructions when taking your medication.



How to Use a Twisthaler:

1. Hold the Twisthaler upright with the pink portion on the bottom.
2. Remove the cap from the Twisthaler by twisting off the cap.
3. The dose is now loaded. Do not close the cover without inhaling the medicine, or the dose will be lost.
4. Be sure to hold the Twisthaler upright until you take the dose.
5. Take a deep breath in, turn your head away from the Twisthaler and breathe out all the way.
6. Place the Twisthaler mouthpiece in your mouth. Make sure your teeth and tongue do not block the mouthpiece.
7. Breathe in quickly and as deeply as you can, and completely fill your lungs. Remove the Twisthaler from your mouth while holding your breath for 5-10 seconds. Breathe out gently.
8. Close the Twisthaler cap by twisting it back onto the pink base after you are done breathing in. The indented arrows should line up. Keep the cap on the Twisthaler when not in use.
9. Repeat all the steps when more than one puff is prescribed.
10. Rinse your mouth thoroughly with water and spit out the water. Do not swallow the water. This will decrease the risk of a mouth infection called thrush (candida infection).

Twisthaler

DO

- Keep the Twisthaler upright once the dose is set. Tipping the Twisthaler after the dose is set may make the dose drop out of the inhaler before you breathe it in.
- Keep your Twisthaler in a dry place at room temperature.
- Do use the dose counter. The dose counter on the bottom of the Twisthaler shows how many doses are left. The device will lock, and the pink base will not turn when the Twisthaler is empty (counter shows 00).

Unlike other inhaled medications, you may taste or feel the dry powder or there might be a slightly sweet taste. This may be different from what you are used to. As long as you follow the directions, you will get your full dose of medication.

DON'T

- Do not use or store the Twisthaler in a room that gets humid, like a bathroom with a shower. Moisture from the humidity can make the dry-powder clump.
- Do not wash or put any part of your Twisthaler in water.
- Never shake or breathe into the Twisthaler.
- Never use a chamber or spacer with the Twisthaler.

Asmanex: Dry-Powdered Inhaler Twisthaler (DPI)



Resources

Asmanex Website: <https://www.asmanex.com/asmanex-twisthaler/>

National Jewish - Using a Twisthaler:

<https://www.nationaljewish.org/conditions/medications/asthma-medications/devices/dry-powder/twisthaler>

National Children's - How to Use a Twisthaler:

<https://www.nationwidechildrens.org/family-resources-education/health-wellness-and-safety-resources/resources-for-parents-and-kids/how-to-use-an-epipen/epinephrine-myths-and-facts/how-to-use-a-twisthaler>

