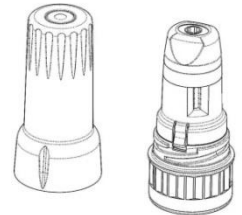


How to use a Twisthaler Dry Powder Device

1. Line up the counter and pointer on the cap (before removing cap)
2. Remove cap, hold upright with the pink base down (Do NOT shake inhaler)
3. Grip the base and twist the cap anti-clockwise. The counter will count down by one
4. Keep the inhaler upright and breathe out gently away from the mouthpiece
5. Hold mouthpiece at right angles to the mouth and place between the teeth. Close lips around the mouthpiece
6. Breathe in rapidly and deeply through the inhaler
7. Remove the inhaler from the mouth and hold breath for 10 seconds
8. Breathe out slowly away from in the inhaler
9. Replace the inhaler cap and turn it clockwise, while gently pressing the cap down until you hear a click. The arrow on the cap must be fully lined up with the counter window



Demonstrate your inhaler technique to your GP, nurse, pharmacist or clinical specialist at every opportunity