

How To Use Your Twisthaler



1. Stand up.
2. Hold the Twisthaler upright like a rocketship with the pink base on the bottom.



5. Turn the Twisthaler flat on its side. Close lips tight around the mouthpiece. Take a **big, fast, deep** breath in.



3. Hold the pink base and twist the white cap off. The counter will count down by one as you twist off the white cap.



6. Take the Twisthaler out of your mouth and hold your breath. Count to 10 slowly.



4. Breathe **all** the air out of your lungs.



7. Replace the cap on the inhaler and twist until it clicks and is tight. Breathe out slowly, like cooling soup on a spoon.



8. Rinse mouth out with water and gargle. Do not swallow.

Remember:

- Keep your Twisthaler in a cool, dry place
- Do not shake your Twisthaler
- Do not get your Twisthaler wet.
- Do not blow into your Twisthaler

How to Use Your Diskus



1. Stand up.
2. Hold the Diskus flat like a hamburger. Put your thumb in the holder and push away until it clicks to uncover the mouthpiece.



3. Slide the lever back until it clicks. Remember to keep your Diskus flat like a hamburger.



4. Breathe **all** the air out of your lungs.

Remember:

- Store your Diskus in a cool, dry place
- Do not shake your Diskus
- Do not get your Diskus wet
- Do not blow into your Diskus



5. Put the Diskus in your mouth, keeping it flat like a hamburger. Take a **big, deep, fast** breath in.



6. Take the Diskus out of your mouth and hold your breath. Count to 10 slowly.



7. Close the Diskus to cover the mouthpiece. Breathe out slowly, like cooling soup on a spoon.



8. Rinse mouth out with water and gargle. Do not swallow.

How to Use Your Inhaler and Spacer With Mask



1. Have your child stand up.
2. Take off the cap and make sure the opening is clean. Shake inhaler for five seconds.



5. Push the inhaler **once** so that the medicine sprays into the spacer tube.



3. Put the inhaler into the spacer.



6. Let your child take **seven** slow, deep breaths while the mask stays on his or her face.



4. Cover your child's mouth and nose **completely** with the mask.

Take your time

The more slowly and deeply your child breathes in, the more medicine he or she will get.

Need two puffs?

Wait 60 seconds and repeat all steps.

Remember:

- Always use your inhaler with a spacer
- Keep track of your doses if there is no counter on your inhaler

- **If** your inhaler is new
- **If** you have not used your inhaler in two weeks
- **If** you drop your inhaler



Then: You need to "prime" your inhaler. Spray **four puffs** into the air before you use your inhaler.

How to Use Your Inhaler and Spacer



1. Stand up.
2. Take off cap and make sure opening is clean. Shake for five seconds.



5. Take a slow deep breath in. If you hear a whistle, breathe slower. Do not breathe through your nose.



3. Put inhaler into spacer.



6. Take the spacer out of your mouth and hold your breath. Count to 10 slowly.



4. Breathe out all the air in your lungs.



7. Breathe out slowly, like cooling soup on a spoon.



5. Put spacer in your mouth and close lips tightly around the mouthpiece. Spray one puff into spacer.

Need two puffs?
Wait 60 seconds and repeat

- If your inhaler is new
- If you have not used your inhaler in two weeks
- If you drop your inhaler



Then: You need to “prime” your inhaler. Spray **four puffs** into the air before you use your inhaler.

Remember:

- Always use your inhaler with a spacer
- Keep track of your doses if there is no counter on your inhaler