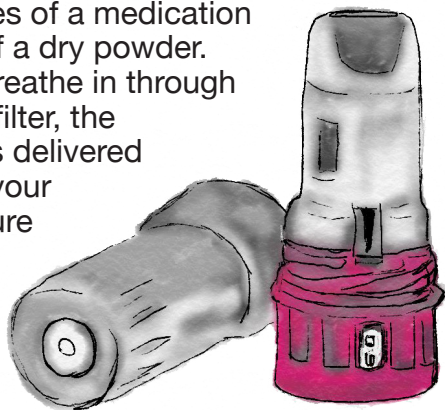


Instructions on how to use a Twisthaler®

What is the Twisthaler® device?

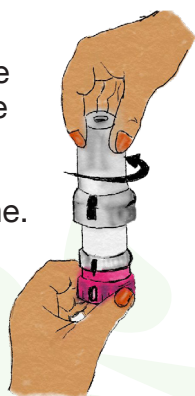
It is a device that contains multiple doses of a medication in the form of a dry powder. When you breathe in through the inhaler's filter, the medication is delivered directly into your lungs. Moisture can cause the medicine to clump together so it must be kept in a dry place. It should be used while standing or sitting up straight to make it easier for the chest to expand. The mouthpiece should be cleaned regularly with a dry cloth. It should not be washed with water, as the dry powder is sensitive to moisture.



How to use the Twisthaler®

While standing or sitting up straight, relax as much as you can and follow these instructions:

1. Hold the inhaler by the base in an upright position. Turn the cap in a counter-clockwise direction to remove it. The counter will count down by one. The devices may contain 14, 30 or 60 doses.



2. Breathe out fully to get as much air out of your lungs as possible (do not blow into the mouthpiece).

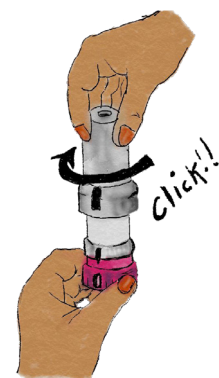
3. Put the mouthpiece in your mouth and close your lips around it. Breathe in rapidly and deeply.



4. Hold your breath for about 10 seconds or for as long as you can.

5. Breathe out slowly.

6. Replace the cap by turning it in a clockwise direction while gently pressing it down until you hear a *click*, in order to load the next dose.



7. The arrow on the cap must be fully lined up with the dose-counter window.



8. Gargle and rinse your mouth after each use.

9. When the dose-counter reaches 0, it means no doses are left: the cap locks and the inhaler can no longer be loaded.

If you have any questions, please check with the nurse.