



USING A TwistHALER® (TWIST, CLICK, INHALE)

Twisthalers deliver long-term control medicines to the airways. Use twisthalers as instructed by health care providers. Long-term control medicines should be taken every day, even if you feel good. They work slowly, over several weeks, to get rid of swelling and mucus, and prevent them from coming back. Long-term control medicines do not help during asthma flare-ups.

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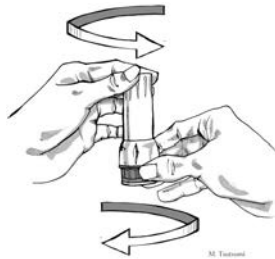
1



Twisthalers do not need to be primed.

Hold the twisthaler upright.

2



Twist the cover and lift it off.

3



Breathe out naturally.

4



Put the twisthaler between your teeth, close your lips and breathe in quickly and deeply.

5



Hold your breath for about 10 seconds.

6

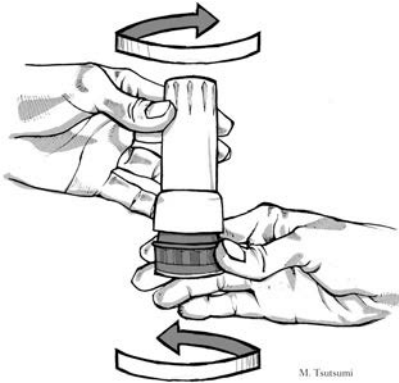


Breathe out.

7

If your doctor tells you to take more than one puff, repeat steps 3 through 6.

8



Close twisthaler.

9

The twisthaler has a counter to tell you when you are running low on medicine.

When the counter says 10, call for a refill.