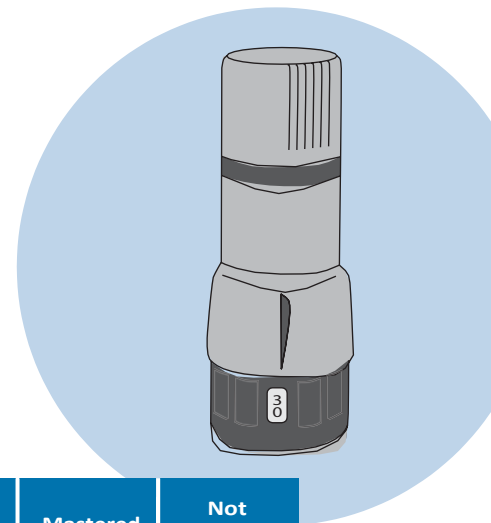


USE OF THE TWISTHALER®



Drug : _____
 Indication (maintenance or rescue or maintenance+rescue): _____
 Number of inhalations: _____ Number of times per day: _____
 Other information: _____



		Mastered	Not mastered
1	Hold the device in an upright position with the base down: a. Turn the cap counterclockwise while holding the base b. Remove the cap: i. One dose is now loaded ii. The dose counter will deduct its number by one		
2	Breathe out normally next to the device, emptying the lungs without forcing		
3	Place the mouthpiece horizontally between the lips and teeth: a. Do not block the air intake		
4	Breathe in through the mouth quickly and deeply		
5	Move the device away from the mouth		
6	Respect a pause: hold your breath for 5 to 10 seconds		
7	Breathe out through the nose		
8	Close the cap by turning it clockwise until it clicks: a. The arrow on the cap must be aligned with the dose counter window		
9	Repeat steps 1 to 8 for each prescribed inhalation, no waiting required		
10	Screw on the protective cap after use		

REMARKS

To limit the adverse effects of the medication, rinse your mouth with water (do not swallow the water).

MAINTENANCE:

HOW TO KNOW IF IT IS EMPTY:



RQESR

RÉSEAU QUÉBÉCOIS D'ÉDUCATION EN SANTÉ RESPIRATOIRE

La référence des professionnels