Asmanex[™] Twisthaler[™] (Mometasone)

Select your dose:

☐ 110 mcg (grey base)	☐ 220 mcg (pink base)



This guide will teach you how to use your inhaler.

Follow these steps before you use your inhaler for the first time:

- 1. Remove the contents from the box and open the foil wrapper containing the inhaler. Identify all of the parts that are labeled in the picture below.
- 2. Write today's date in the space provided on the white cap of the inhaler.

 Once it is removed from the foil wrapper, your inhaler is good for 6 weeks.
- 3. Note the dose counter on the pink or grey part of the inhaler. It tells you how many doses are left; it decreases by one each time the cap is twisted off.



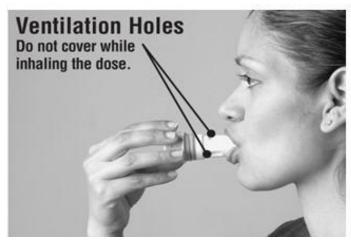
When you are ready to take a dose, please follow these instructions:

1. Make sure that the counter does not say "0." If it does, your inhaler is empty. Throw it away and get a new one.

UCONN HEALTH

Source: Asmanex™ Twisthaler™ Package Insert

- 2. Hold the pink or grey bottom part of the inhaler with one hand and twist off the white cap with your other hand.
- Breathe out releasing as much air from your lungs as you can. Never blow out into the inhaler.
- 4. Place the white mouthpiece into your mouth, between your teeth. Close your lips around it. Hold it in your mouth like a whistle, horizontal to the ground.



- 5. Breathe in through your mouth **quickly and deeply**.
- 6. Take the inhaler out of your mouth.
- 7. Hold your breath for 5-10 seconds.
- 8. Breathe out away from your inhaler. You are now done taking your dose.
- 9. If you were instructed by your doctor to take another dose, repeat steps 2 through 7.
- 10. Rinse your mouth with water and spit to prevent infection in your mouth.

Important Notes:

- Only remove the white cap from the inhaler right before you take a dose as removing the cap gets a dose ready. If the cap is put back on without inhaling the dose, that dose will be wasted.
- To clean the inhaler, rub the mouthpiece with a dry tissue.
- Never get your inhaler wet. Store your inhaler in a cool, dry, and dark
 place, such as a drawer in your bedroom or kitchen; do NOT store your
 inhaler in the bathroom. Keep away from children and pets.

UCONN HEALTH

Source: Asmanex™ Twisthaler™ Package Insert