

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.

2. Hold the pink or grey bottom part of the inhaler with one hand and twist off the white cap with your other hand.
3. 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.