



How to use your Asmanex HFA

100 mcg, 200 mcg



What is my prescription?	Special Instructions
	Take every day to control your symptoms. Rinse mouth thoroughly with water and spit after each use.

What can I expect while I take this medication?

Asmanex HFA will not provide immediate relief, but you can expect fewer episodes of coughing and wheezing.

How and when to prime your Asmanex HFA:

1. Prime the inhaler before using it for the first time and if you did not use your inhaler for more than 5 days.
2. Remove cap, shake inhaler for 5 seconds, spray it once away from you and repeat for a total of 4 sprays.

How to use your Asmanex HFA:

1. Remove Asmanex HFA cap from the mouthpiece
2. Place middle or index finger on top of canister and thumb underneath the mouthpiece of the inhaler.
3. Shake inhaler for 5-10 seconds.
4. Breathe out fully (in preparation to breathe in medication).
5. Put the mouthpiece in your mouth and close your lips around it. Do not block the mouthpiece with your teeth or tongue.
6. Push the top of the canister all the way down one time while breathing in deeply and slowly through your mouth.
7. Hold your breath for 5-10 seconds, and then breathe out.
8. If your doctor has prescribed more than one dose (puff), wait at least 30 seconds and repeat above.
9. Rinse mouth thoroughly with water after taking medication to decrease the risk of a mouth infection. Spit out the water. Do not swallow it.

How to clean your Asmanex HFA:

Clean the mouthpiece after every 7 days of use.

1. Remove the cap.
2. Use a clean, dry swab or cloth to wipe the inside and outside surfaces of the mouthpiece.
3. Put the cap back over the mouthpiece.
4. Do not wash any parts of the inhaler with water. Do not remove the canister from the actuator (plastic sleeve).

How to use a Spacer: (If recommended for use with your inhaler)

1. Remove mouthpiece cap from your inhaler and shake inhaler for 5-10 seconds.
2. Attach inhaler to spacer and then remove mouthpiece cap from spacer.
3. Hold spacer with the inhaler canister upright.

4. Breathe out fully (in preparation to inhale medication).
5. Tilt head back slightly and put spacer to mouth and close lips around the mouthpiece (tongue and teeth should not block the mouthpiece opening).
6. Release medicine into spacer; squeeze down canister **one** time.
7. Breathe the medication slowly and steadily. Continue to breathe in deeply until lungs are full (do not breathe out).
8. Hold your breath for 5-10 seconds, and then breathe out. (Repeat as directed).

Do not use Asmanex HFA to treat sudden symptoms of your health condition. Always carry a rescue inhaler with you.

- To learn more about your health condition visit:
<http://www.med.umich.edu/careguides>.
- To learn more about the Asmanex HFA inhaler visit:
<https://www.asmanex.com/asmanex-hfa/index.xhtml>

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