

# How to Use Your Asmanex (mometasone) Twisthaler

110mcg, 120mcg



What is my prescription?	Special Instructions
	Rinse and swish mouth thoroughly with water and spit after use.

## What can I expect while I take this medication?

**Asmanex Twisthaler** is an inhaled corticosteroid and decreases airway swelling. **Asmanex Twisthaler** will not provide immediate relief, but you can expect fewer episodes of coughing and wheezing.

## How do I use my Asmanex Diskus inhaler?

1. Hold the inhaler straight up with the colored portion on the bottom.
2. Holding the colored portion, twist the cap in a counterclockwise direction to remove it. Your dose is loaded automatically when you remove the cap.
3. Turn your head away from the inhaler and breathe out as much air as you comfortably can.
4. Put the mouthpiece in your mouth. Make sure your teeth and tongue do not block the mouthpiece.

5. Breathe in as steadily and deeply as you can. Remove the inhaler from your mouth while holding your breath for 5-10 seconds. Do not breathe out into the inhaler.
6. Wipe the mouthpiece dry and replace the cap.
7. If your physician has prescribed more than one dose (puff), wait 30 seconds and repeat above.
8. Rinse mouth thoroughly with water after taking medication to decrease the risk of a mouth infection. Spit out the water. **Do not swallow it.**

You may not taste, feel or smell the dry powder when you are using your diskus. As long as you are following the directions, you will get your full dose of medication.

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

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