

How to Use Your Asmanex® HFA Inhaler (mometasone) for Asthma Anti-Inflammatory Reliever (AIR) Therapy

Asmanex® HFA inhaler (100 mcg or 200 mcg)



What is the purpose of this medication?

Asmanex® HFA is an inhaled corticosteroid. **Inhaled corticosteroid** is a medication that reduces inflammation (swelling) and addresses the main cause of an asthma attack.

What is asthma anti-inflammatory reliever (AIR) therapy?

Asthma AIR therapy is a new strategy to better manage asthma when patients have an asthma flare-up (also called an asthma attack). It involves an increase of inhaled corticosteroid medication to treat inflammation (swelling) and medication to treat bronchospasms (tightening of the airways in your lungs). In some cases, your regular asthma medication may be the same medication used for AIR therapy because it works quickly.

How and when should I prime this medication?

- If your Asmanex® HFA inhaler is new, or if you have not used it in 5 days, you will need to **prime** your inhaler. Priming an inhaler means making sure the medication is mixed with the spray so you will get the correct dose of medication when you use the inhaler.
- Prime your inhaler by removing the cap, shaking the inhaler for 5 seconds, and spraying it once away from you. Repeat these steps for a total of 4 sprays.

How do I use my Asmanex® HFA inhaler for asthma AIR therapy?

1. Remove the cap. Put your middle or index finger on top of the canister and put your thumb under the mouthpiece of the inhaler.
2. Shake your inhaler for 5-10 seconds.
 - If you're able to use a spacer, or if your doctor has recommended you use a spacer, attach the spacer to your inhaler after shaking it and then remove the mouthpiece cap from your spacer.
3. Breathe out fully (to prepare to breathe in the medication).
4. Put the mouthpiece in your mouth and close your lips around it. Do not block the mouthpiece with your teeth or tongue.
 - If you're using a spacer, make sure to hold the spacer with the inhaler upright and tilt your head back slightly when you close your lips around the spacer's mouthpiece.
5. Push the top of the canister all the way down one time while breathing in deeply and slowly through your mouth.
 - If you're using a spacer, push the canister down to release the medication into the spacer. Then breathe in slowly and deeply through the spacer mouthpiece.
6. Hold your breath for 5-10 seconds, and then breathe out.
 - If your doctor told you to take more than 1 dose (puff), wait 30

seconds and then repeat the steps above.

7. Rinse your mouth well with water after taking this medication to decrease the risk of a mouth infection. Spit out the water you rinsed with (do not swallow it).

How do I clean my Asmanex[®] HFA inhaler?

Clean your inhaler once per week (after every 7 days of use).

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

How should I store my Asmanex[®] HFA inhaler?

Store your inhaler in a cool, dry place away from moisture, heat, or sunlight.

Where can I learn more about my condition or inhaler?

- To learn more about your health condition, visit:
[CareGuides.med.umich.edu](https://careguides.med.umich.edu)
- To learn more about the Asmanex[®] HFA inhaler, visit:
[Asmanex.com/asmanex-hfa](https://asmanex.com/asmanex-hfa)

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