



Using your Asmanex® Twisthaler® (mometasone): Steps 1 to 11



1. Hold inhaler upright with pink base on bottom.
2. Hold the base and twist the white cap counterclockwise until it clicks. The dose counter will count down by one.
3. Lift the cap off.
4. **Breathe OUT normally** and away from the device. Don't take a breath until step #6.
5. Put the device in your mouth with lips tight around the mouthpiece. Inhaler must be held horizontal.
6. **Breathe IN quickly** to fill your lungs full of medicine.
7. **Hold your breath for 5 seconds** and then take the device out of your mouth. We want to keep your lungs filled with medicine for 5 seconds.
8. **Breathe IN and OUT normally.**
9. Replace the cap and twist clockwise until it clicks. This gets the device ready for the next dose.
10. Check to make sure the arrow is lined up with the dose counter.
11. Gargle your mouth and throat with water.