## How to Use an Asmanex Twisthaler

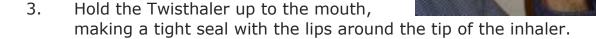
The <u>Asmanex Twisthaler</u> is an easy-to-use inhaled steroid for the control of symptoms of persistent asthma. The correct use of this device will help the medication work better.

**Difficulty:** Easy

**Time Required:** 5 minutes

Here's How:

- 1. Hold the bottom of the Asmanex
  Twisthaler device in one hand, and twist
  off the cap by unscrewing it in a
  counter-clockwise direction.
- 2. When the cap is removed, the dose of medication is automatically loaded into the inhaler device, and the dose-counter at the base of the inhaler will count down by one number.



- 4. Take a long, deep breath, sucking in from the Twisthaler. Hold the breath for 5 to 10 full seconds, then relax and exhale normally.
- 5. Screw the cap back onto the inhaler using a clockwise motion until the cap is securely attached to the inhaler.
- 6. Repeat steps 1 through 5 for each of the prescribed number of inhalations.
- 7. Throughly rinse your mouth and/or brush your teeth after using any inhaled steroid, including the Asmanex Twisthaler.