

# Using Your Asmanex<sup>®</sup> Twisthaler<sup>®</sup>

## Patient Education Guide

AMERICAN COLLEGE OF  
**CHEST**  
P H Y S I C I A N S

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To make your breathing better, you **MUST** take your medicine as explained below. Following these instructions puts more of the medicine into your lungs. This will open up your air passages and help you breathe easier and feel better.



Hold Twisthaler<sup>®</sup> straight up with the pink base at the bottom. Twist white cap counter clockwise, and remove. This puts one dose of medicine into the Twisthaler<sup>®</sup> and counts down how many doses are left.



Breathe out normally. Make sure you **DO NOT BREATHE OUT** into the Twisthaler<sup>®</sup>.



Sit up straight or stand. Put mouthpiece in your mouth between your lips, and make a tight seal. **Breathe in fast and deep.** You may not taste or feel any medicine.



Take Twisthaler<sup>®</sup> out of your mouth, and **HOLD** your breath for 10 seconds. If you cannot hold your breath for 10 seconds, hold it as long as you can.



Wipe mouthpiece off, and put the cap back on Twisthaler<sup>®</sup>. Be sure the arrow on the white cap is lined up with the dose counter window, and turn clockwise. You should hear a click, and the arrow on the white cap should line up with the window on the pink base. This shows how many doses are left in the Twisthaler<sup>®</sup>. **IF YOU NEED TO TAKE ANOTHER DOSE, REPEAT STEPS 1-5.**



When the numbers in the dosing window read **"01,"** this will be the last dose of medicine in the Twisthaler<sup>®</sup>. Once you put the cap back on after you breathe in this dose, the cap will lock, and the Twisthaler<sup>®</sup> must be thrown away.



Rinse your mouth out with water. Spit the water out; do not swallow it.

Provided by:



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