

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

Asmanex® Twisthaler® (110 mcg or 220 mcg)



What is the purpose of this medication?

Asmanex® HFA is an inhaled corticosteroid that decreases swelling in your airways.

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 do I use my Asmanex® Twisthaler® for asthma AIR therapy?

1. Hold the inhaler straight up (with the colored part on the bottom).
2. Holding the colored bottom part, twist the cap in a counterclockwise direction to remove it. Your medication dose will be loaded automatically when you remove the cap.
3. With your head turned away from the inhaler, breathe out fully (to prepare to breathe in the medication).
4. Put the mouthpiece in your mouth. Do not block the mouthpiece with your teeth or tongue.
5. Breathe in deeply and slowly through your mouth.
6. Remove the inhaler from your mouth while holding your breath for 5-10 seconds, and then breathe out.
 - Do not breathe out into the inhaler.
 - 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).

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

How should I store my Asmanex® Twisthaler®?

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://www.careguides.med.umich.edu)

- To learn more about the Asmanex® Twisthaler®, visit:
[Asmanex.com/asmanex-twisthaler](https://www.asmanex.com/asmanex-twisthaler)

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