

Family Education Sheet



Boston Children's Hospital
Until every child is well™

How to Use an ASMANEX® Twisthaler®

The ASMANEX® Twisthaler® is a dry powder steroid medicine that reduces the swelling (also called inflammation) in the lungs. It is used daily to prevent asthma symptoms. Follow the steps below to learn how to use the ASMANEX® Twisthaler®.

This inhaler comes in two different strengths of medicine: 110 and 220.



Inhaler strength

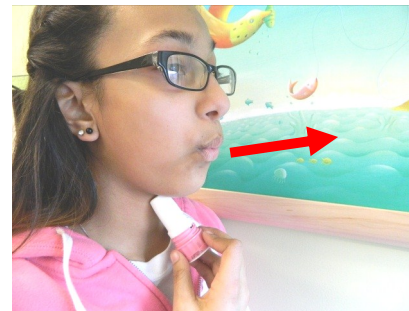
Which strength inhaler do you have?



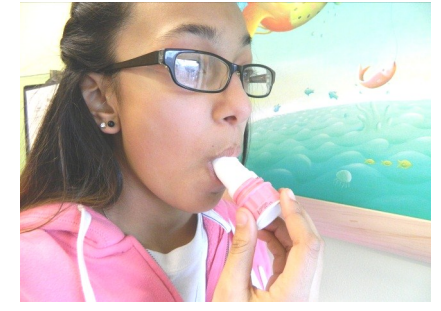
1. Wash hands.



2. Hold top. Twist bottom to remove cap.



3. Hold inhaler under chin. Breathe out.



4. Put lips around mouthpiece. Breathe in quickly.



5. Try to hold breath for 10 seconds. Use your fingers to count the seconds!



6. Put cap back on inhaler.



7. Rinse mouth with water.



8. Spit out water.

Important Notes:

The ASMANEX® Twisthaler® has a dose counter on the pink base (see right). The dose counter shows the number of doses left in the inhaler.

- **When the dose counter shows 10**, the inhaler is almost empty and you should get a new inhaler from your pharmacy.
- **When the dose counter shows 00**, the inhaler is empty and will not open. Start using a new ASMANEX® Twisthaler®.
- **Do not lose the cap to your inhaler.** If you lose the cap, the inhaler will not work.

