ASMANEX® TWISTHALER®

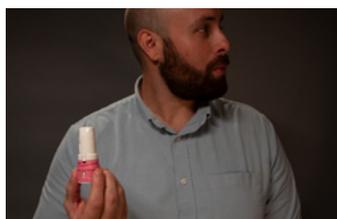## How to Use Your ASMANEX® TWISTHALER®

Your clinician has prescribed medication that comes in a TWISTHALER inhaler. It is important that you know how to use the TWISTHALER device so that you can take your medication correctly and breathe better.

Important: When you open the package your inhaler came in, write the date on the cap of the inhaler. Use the inhaler within 45 days of this date or until the dose indicator window shows **00**. The device counts down by 1 each time you twist the white cap.

To use your TWISTHALER inhaler, complete these steps:

1. Hold your inhaler straight up, with the pink base at the bottom.

2. Twist the white cap counterclockwise, and then remove it.

3. Hold the inhaler away from your face, and then breathe out completely.
Important: Do not breathe out into the inhaler.
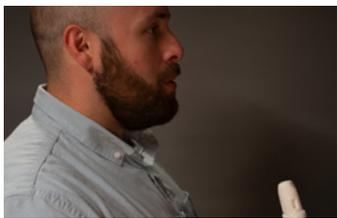

4. Sit up straight or stand.

5. Hold the mouthpiece horizontally, place the mouthpiece between your lips, and then close your lips around the mouthpiece.

6. Breathe in fast and deep. You may not taste or feel any medicine.

7. Hold your breath for 10 seconds (or as long as you can).

8. Remove the inhaler from between your lips. Exhale.

9. Wipe the mouthpiece with a clean cloth or tissue.

10. Place the cap back on your inhaler.

11. Be sure the arrow on the white cap lines up with the dose indicator window, and then turn clockwise. You should hear a click, and the arrow on the white cap should line up with the window on the pink base.

IF YOU NEED TO TAKE ANOTHER DOSE, REPEAT STEPS 1-9.

12. Rinse your mouth with water, and then spit the water out. Do not swallow the water.

When the number in the dose indicator window reads **01**, you have taken the last dose of medicine in the inhaler.

When you place the cap back on the inhaler after the last dose, the cap locks, and you must dispose of the TWISTHALER properly.

! Keep your TWISTHALER device and all medications out of the reach of children and pets.

CHEST® FOUNDATION