

FIGHT ASTHMA MILWAUKEE



LEAD AGENCY:
CHILDREN'S HOSPITAL AND HEALTH SYSTEM

USING AN ASMANEX[®] INHALER (TWIST, CLICK, INHALE)

Asmanex[®] inhalers are used to deliver long term control medicines into the lungs. Use an Asmanex inhaler as instructed by health care providers. Long-term control medicines should be taken every day, like a vitamin. They work slowly, over several weeks, to get rid of swelling and mucus in the lungs. Once the swelling and mucus is gone, these medicines keep the swelling and mucus from coming back. Long-term control medicines do not help during asthma flare-ups. For more information, visit www.famallies.org or call (414) 390-2179.

Using Your Asmanex[®] Inhaler

1

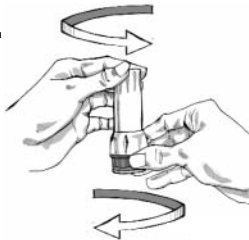


M. Tsutsumi

Asmanex inhalers do not need to be primed.

Hold Asmanex upright.

2



M. Tsutsumi

Twist the cover and lift off.

3



M. Tsutsumi

Breathe out naturally.

4



M. Tsutsumi

Put the Asmanex inhaler between your teeth, close your lips and breathe in quickly and deeply.

5



M. Tsutsumi

Hold your breath for about 10 seconds.

6



M. Tsutsumi

Breathe out.

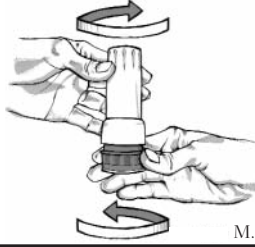
Continued on the other side

Using Your Asmanex[®] Inhaler

7

If your doctor tells you to take more than one puff, repeat steps three through six.

8



M. Tsutsumi

Twist closed when done.

9

The Asmanex inhaler has a counter to tell you when you are running low on medicine. When the counter says 10, call for a refill.