



# Diskus® Dry Powder Inhaler



My prescription: Drug \_\_\_\_\_ Dosage: One inhalation How often: Twice Daily

This medication is a:

maintenance bronchodilator  maintenance anti-inflammatory (corticosteroid)

***This is NOT a rescue inhaler. It is not to be used in an acute asthma attack.***

Tip: Store near your toothbrush so you can brush, rinse and spit after use.

## How to use your Diskus® Dry Powder Inhaler

1. Hold the Diskus® horizontal at all times when in use.
2. Place the thumb of one hand on the thumbgrip to open and expose the mouthpiece. (Fig. 1)
3. Slide the lever away from you until the Diskus® clicks. (Fig 2)
  - This will load the medication.
4. Holding Diskus away from your mouth, gently breathe out.
  - Never exhale into to Diskus®.



Fig. 1

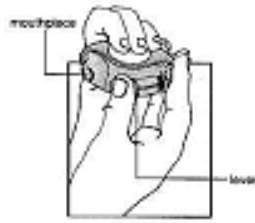


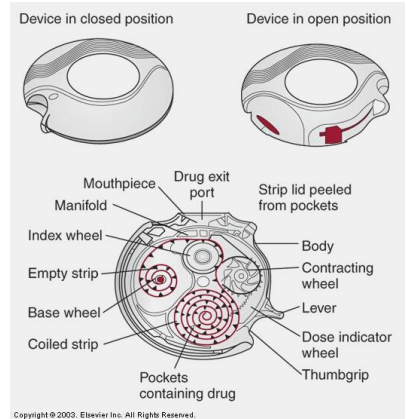
Fig. 2



Fig. 3

5. Put the mouthpiece between your teeth with lips tight.
6. Inhale rapidly and deeply. Continue to take a full, deep breath.
7. Hold your breath for up to ten seconds.
  - This allows the medication time to deposit in the airways.
8. Resume normal breathing.
9. Close the Diskus® by placing your thumb on the thumbgrip. Pull your thumb toward you until device clicks.
  - The mouthpiece will be hidden and the lever will be reset.
10. If the medicine you are taking is Advair Diskus®, rinse your mouth and spit after use.

How to Use a Discus Inhaler Video: <http://youtu.be/TW9thi9HtaM>



The doses are contained in 60 sealed pockets inside the device along an aluminum-foil strip that is advanced by the lever.

As the drug pocket reaches the mouthpiece, the cover is peeled away, making the drug available for inhalation.

A dose counter indicates the number of doses remaining in the device. When 5 doses are left, the indicator number is red. Replace the inhaler.

When the red number is at 0 the Diskus® is empty. Start using a new Diskus®.

***Keep Inhaler DRY at all times. Do not submerge in water or breathe into device.***