

How to use your Diskus® inhaler

Open the DISKUS

1. Hold the DISKUS in one hand and put the thumb of your other hand on the thumbgrip.
2. Push your thumb away as far as it can go.
3. The DISKUS mouthpiece will appear and snap into place.

Prepare your dose

1. Hold the DISKUS level and flat with the mouthpiece facing toward you.
2. Slide the lever away from you until you hear it click.
3. When you hear the click you know your dose is ready to inhale.

Inhale your dose

1. Breathe all the way out.
2. Put the DISKUS mouthpiece up to your lips.
3. Breathe in quickly and deeply through the DISKUS. Breathe through your mouth only, not your nose.
4. Remove the DISKUS from your lips and hold your breath for **10** seconds.
5. Breathe out slowly.

After your dose

1. Rinse your mouth with water. Spit the water out--don't swallow the water.
2. Wipe the mouthpiece with a clean dry cloth or tissue.
3. Close the DISKUS by putting your thumb on thumbgrip and sliding it back until you hear the DISKUS click shut.

Important tips

- Write **2** dates on the label on top of the DISKUS when you first open it. The **1st** date is when you open it. The **2nd** date is the last day you can use it before you need to throw it away. You need to throw your DISKUS away **1 month** after you first open it, even if there are doses left.
- To make sure you don't waste any doses:
 - Don't close the DISKUS until you have taken the complete dose and have wiped the mouthpiece.
 - Don't move the lever after it's clicked into place.
 - Don't move the lever more than 1 time for each dose.
- Never breathe out into the DISKUS mouthpiece.
- Close the DISKUS when you're done with your dose so it'll be ready for the next dose.

