



How to Use a Dry Powder Inhaler

Diskus®

Loading a Dose of Medicine:

1. Hold the Diskus flat in one hand and put the thumb of your other hand on the thumb grip.
2. Push your thumb away from you as far as it will go until you hear a click. This action opens the Diskus so you can see the mouthpiece.
3. Hold the Diskus level—like you are about to take a bite of a hamburger. Slide the lever away from you as far as it will go until it clicks. The Diskus is now ready to use. You will see the dose counter decrease by one. Hold the Diskus level to avoid the dry powdered medicine from falling to the bottom of the inhaler, wasting the dose.

Breathing in the Medicine:

4. Turn your head away from the Diskus. Take a deep breath in, and breathe out as much as you can.
5. Put the Diskus to your lips and make a seal around the mouthpiece.
6. Breathe in deep and steady through your mouth. Remove the Diskus from your mouth.
7. Hold your breath for 5 to 10 seconds—or for as long as you comfortably can, with your mouth closed. Then resume normal breathing.
8. Close the Diskus by placing your thumb in the thumb grip. Slide the grip back toward you, over the mouthpiece, until it clicks. This resets the inhaler so it is ready to use for your next treatment.
9. Hold your breath for 5 to 10 seconds—or for as long as you comfortably can, with your mouth closed..

Additional Inhaler Tips:

1. Keep the Diskus closed when not in use. Store the Diskus in a cool dry, place.
2. Keep the Diskus dry. If the mouthpiece gets dirty, wipe it with a cloth.
3. Doses 5 through zero are in red to warn you to refill the prescription. When the “0” appears in the dose window, throw away the Diskus and start a new one.