

How to Use a DISKUS® Inhaler

One of the devices used to take dry powder medicine is a DISKUS® Inhaler. The DISKUS® inhaler is used with medicines such as Advair®, Serevent® and Flovent®.

1. Hold the DISKUS® in one hand and place the thumb of the other hand on the thumb grip (see Figure 1).
2. Push the thumb grip away from you as far as it will go until the mouthpiece appears and it clicks into place (see Figure 2).
3. Hold the DISKUS® in a level, flat position with the mouthpiece facing you. Slide the lever away from you as far as it will go until it clicks. Make sure you don't tip your DISKUS®. The medicine is now ready to be inhaled (see Figure 3).
4. Before inhaling the medication, breathe out gently to empty your lungs. Be sure to hold the DISKUS® level and away from your mouth when doing this. Never breathe out into the DISKUS® mouthpiece.
5. Place the mouthpiece in your mouth and close your lips around it (see Figure 4).
6. Breathe in deeply and quickly through your mouth until you have taken a full breath. Your breath will pull in the medicine. Do not breathe through your nose.
7. Remove the DISKUS® from your mouth, holding your breath for approximately 10 seconds.
8. Relax and breathe out slowly. Do not breathe out into the DISKUS®.
9. If another inhalation is prescribed, repeat steps 3 through 8. Never take more than one puff every morning and every evening of the Serevent® or Advair Diskus®.
10. When you are finished, close the DISKUS® by placing your thumb on the thumb grip and sliding it back and toward you until it clicks shut. The lever will return to its original position and reset (see Figure 1).
11. Rinse out your mouth with water and spit the water out. Do not swallow the water.

Figure 1



Figure 2



Figure 3



Figure 4



Tips To Remember:

- Never wash the mouthpiece or any part of the DISKUS®.
- The DISKUS® features a built-in counter. Always check the number in the dose counter window to see how many doses are left.
- If you drop your DISKUS® or breathe into it after its dose had been loaded, you may cause the dose to be lost. If either of these things happen, reload the device before using it. Reloading the device will not result in an extra or larger dose.