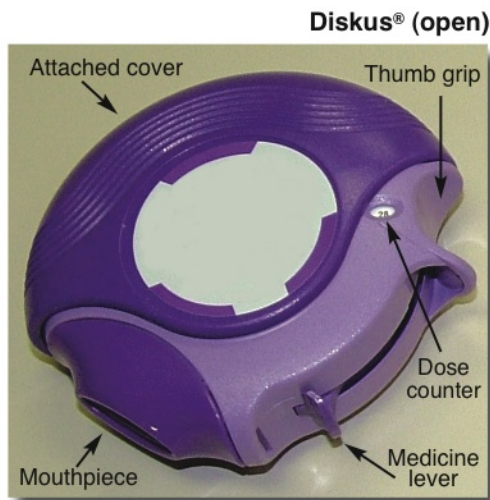


## Using A Diskus® Inhaler

The Diskus® is a round plastic device containing powdered medicine. The medicine is inside foil strips that protect the powder from moisture. The device has a dose counter which counts down after each dose.

1. To open the Diskus®, hold it in one hand.
2. Put the thumb of the other hand into the thumb grip and slide it back until a click is heard. You will now be able to see the mouthpiece and medicine lever.
3. With the mouthpiece facing you, slide the medicine lever back all the way until a click is heard.



**To make sure you don't lose the medicine after the device is loaded:**

*Do not shake the Diskus®*  
*Do not tilt the mouthpiece down*  
*Do not drop it*  
*Do not breathe into the Diskus®*

4. Breathe out.
5. Seal your lips around the mouthpiece and breathe in quickly and deeply through your mouth.
6. Hold your breath for 5-10 seconds.
7. Close the Diskus® by sliding the thumb grip back towards you as far as it goes, to its original position. The mouthpiece and medicine lever will now be hidden.
8. If you need another dose, repeat steps 1-7.

### Any questions?

Call The Lung Association Lung Health Line at **1-888-344-LUNG (5864)** to speak to a Certified Respiratory Educator, email us at [info@on.lung.ca](mailto:info@on.lung.ca) or visit [www.on.lung.ca](http://www.on.lung.ca).

### Important Points to Remember

The Diskus® must be closed fully in between each dose to reload the device.

After taking an inhaled steroid medicine, it is important to rinse with water, gargle and spit out.

### Care & Maintenance

Keep the Diskus® dry. Store at room temperature.

Do not store it in damp places such as a bathroom.

Keep the device closed when not in use.

The mouthpiece can be cleaned with a tissue or a dry cloth.

Saliva (spit) on the mouthpiece should be removed with a tissue after each use.

### Diskus® (closed)

