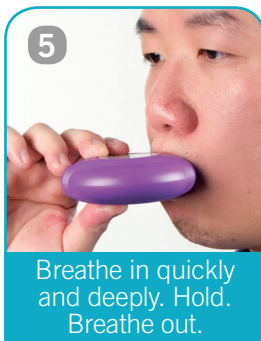
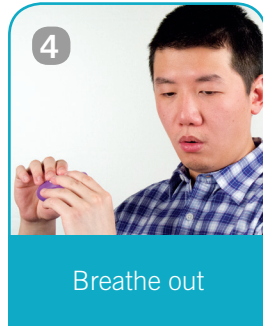
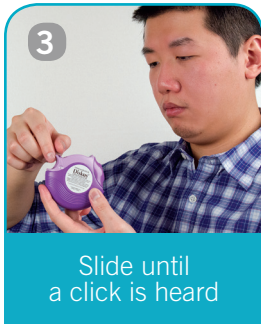
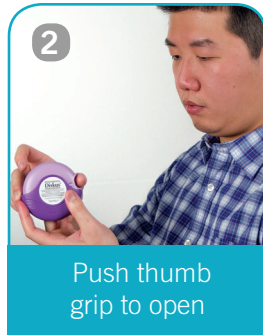
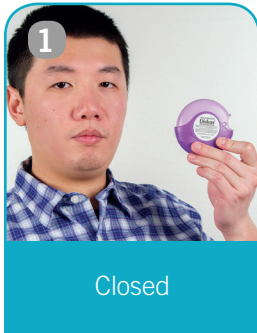


Diskus®



How do I use my Diskus®?

1. Closed.
2. To open: hold the outer case in one hand and put the thumb of the other hand on the thumb grip. Push the thumb as far as it will go until a click is heard.
3. Slide the lever as far as it will go until a click is heard.
4. Hold the Diskus® inhaler away from the mouth in a horizontal position and breathe out.
5. With the mouthpiece to the lips, breathe in **quickly** and **deeply**. Remove the Diskus® inhaler. Hold your breath for up to 10 seconds, then breathe out slowly.
6. Close: push the thumb grip as far as it will go until it snaps shut.

Care of a Diskus®

1. Wipe mouth piece with a dry tissue or cloth.
2. Store the device in a dry place, not in a damp environment i.e. bathroom.
3. Diskus® is to be closed when not in use; only slide open when ready to take dose.
4. Diskus® is to be kept away from direct frost, heat or sunlight and from high temperatures (above 30°C).
5. Check the number in the dose window counter to see how many doses are left. The indicator in the window will turn red when there are 5 doses left in the inhaler.



For video instruction:
lungsask.ca/inhaler-resources