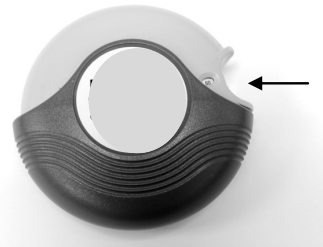


How to Use Your Diskus®



1) Check the dose counter before each use.



2) Hold the inhaler and push the thumb grip all the way back until it clicks.



3) Hold the inhaler flat and slide the lever back until it clicks.



4) Stand or sit up straight. Breathe out all the way. DO NOT breathe into the inhaler.



5) Seal your lips tightly around the mouthpiece. Breathe in FAST and DEEP (1-2 seconds) through your mouth.



6) When your lungs are full take the inhaler out of your mouth. Hold your breath for 10 seconds or as long as you can.



7) Breathe out normally. Put your thumb in the grip.



8) Slide the thumb grip to the starting position to close the inhaler.

After using steroid inhalers like Advair® or Flovent Diskus®:

- Rinse your mouth
- Gargle
- Spit the water out
- DO NOT SWALLOW THE WATER

Diskus® Tips

Do I need to prime the Diskus®?

- This inhaler does not need to be primed.

How do I care for my Diskus®?

- Store this inhaler in the foil pouch and only open when you are ready to use it.
- Write the date you opened the foil pouch on the first blank line on the label.
- Write the “use by” date on the second line. This date is 1 month after first opened.
- Keep this inhaler in a dry place.
- Keep this inhaler at room temperature.
- Do not wash or take this inhaler apart.
- If the mouthpiece needs to be cleaned, wipe off with a dry cloth.



*The Diskus® is a dry powder inhaler.
When you breathe in a dose,
you may or may not feel or taste the
medicine.*

How do I know when I need a refill ?

- The dose counter shows the number of doses left in the inhaler.
- When this inhaler is brand new, it has 60 doses.
- The dose counter counts down by 1.
- When the dose counter reaches 5, it will turn red. Contact the pharmacy to get a refill.
- When the dose counter reaches “0”, it is empty. Throw it away.



**Talk to your
health care provider
if you have questions
about your Diskus®.**

Updated: 4/14/2016