

## How to use your diskus inhaler

A Diskus inhaler is a flat, round device that is used to deliver asthma medicines in powder form. It has a dose counter window so you can see how many doses are left. A Diskus inhaler is used for children who are about 8 years old or over.



1. Hold diskus in one hand with thumb-grip facing up. The thumb-grip looks like a hollow spot.



2. Put the thumb of other hand in thumb-grip, push the thumb away so that the cover slides away and the mouthpiece snaps into place.



3. Hold diskus in a level, flat position with mouthpiece facing toward mouth.



4. Slide lever away until it clicks (do this only ONCE.)



5. Turn head and breathe out **AWAY** from the diskus



6. Put mouthpiece to lips and breathe in through mouth quickly and deeply.



7. Remove diskus from mouth and hold breath for 10 seconds. Breathe out slowly.



8. Close the diskus by holding the diskus in one hand, placing thumb of other hand in the thumb-grip and slide it back as far as it will go.



9. Rinse mouth or brush teeth after using.



Store diskus in a dry place. Does not need washing.