



## Diskus

1. Open the device by holding the outer case with one hand and placing the thumb of the other hand on the thumb grip attached to the cover.
2. Using the thumb, push (rotate) the cover sideways (counter-clockwise) as far as it will go until a click is heard. The device should now be open.
3. With the mouthpiece facing you, slide the loading lever away as far as it will go and until it clicks. Do not touch the lever until you are ready to use it.
4. Breathe out slowly, away from the Diskus. Do not breathe out into the Diskus and do not breath in yet.
5. Tilt head back slightly. Place the mouthpiece between your lips, keeping your teeth apart.
6. Now breathe in steadily and as deeply as you can until your lungs are completely full.
7. Remove Diskus from your mouth and hold your breath for 5 to10 seconds.
8. Breathe out slowly.
9. Close the device by sliding the thumb grip back towards you as far as it will go.
10. The counter on the front of the device will count down to zero with each dose. Recycle the Diskus at your Pharmacy when the counter reads "0".
11. Gargle with water and spit out if you are using a corticosteroid either alone (Flovent - the orange Diskus) or in combination with a long-acting bronchodilator (Advair - the purple Diskus). This will help to reduce the possibility of oral thrush, sore throat and hoarse voice. You do not need to rinse your mouth after using Serevent Diskus as it is not a corticosteroid.

## **Cleaning Instructions**

1. To clean the mouthpiece, wipe it with a dry tissue. Do not immerse in water.