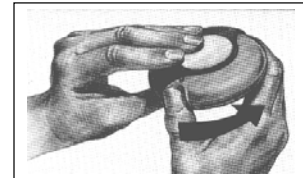


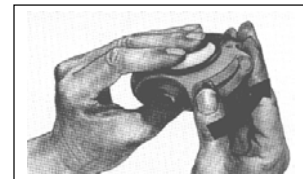
# How do I use my Diskus<sup>®</sup>?

## CUE WORDS

1. **Open** the Diskus<sup>®</sup>.



2. **Slide** the lever.



3. **Breathe out.**

4. **Seal lips** around the mouthpiece.

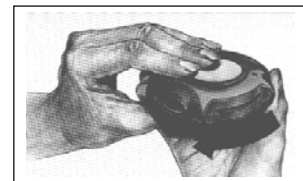


5. **Breathe in** quickly and deeply.

6. **Hold breath** for 5 – 10 seconds.

7. **Breathe out.**

8. **Close** the Diskus<sup>®</sup>.



THE  LUNG ASSOCIATION™  
When you can't breathe, nothing else matters.

**AsthmaTrec<sup>®</sup>** and **COPDTrec<sup>®</sup>**  
ASTHMA TRAINING & EDUCATOR COURSE      COPD TRAINING & EDUCATOR COURSE

**Diskus<sup>®</sup>**

AUG.05