

How do I use my Diskus[®]?

1. To open: hold the outer case in one hand and put the thumb of the other hand on the thumb grip.
2. 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 and breathe out completely.
5. With the mouthpiece to the lips, breathe in quickly and deeply.
6. Remove the Diskus[®] inhaler.
7. Hold your breath for about 10 seconds, then breathe out slowly.
8. Close: Slide the thumb grip as far as it will go until a click is heard.

CARE OF A DISKUS[®]

1. Store the device in a dry place, not in a damp environment i.e. bathroom.
2. Diskus[®] is to be closed when not in use; only slide open when ready to take dose.
3. Diskus[®] is to be kept away from direct frost, heat or sunlight and from high temperatures (above 30°C).
4. 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.

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

 and 
ASTHMA TRAINING & EDUCATOR COURSE COPD TRAINING & EDUCATOR COURSE

Diskus[®]

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