

# MEDfacts

An Educational Health Series From National Jewish Health®



## Using A Diskus®

Many medications are available as inhaled treatments. Inhaled methods deliver medication directly to the airway, which is helpful for lung diseases. The patient and health care provider can choose from a variety of delivery systems for inhaling medication.

A Diskus consists of a plastic device containing powdered medication. A Diskus is breath activated. This means when you inhale, the Diskus automatically releases the medication. When inhaled correctly, the medication has a better chance to reach the small airways. This increases the medication's effectiveness. The portable size, efficiency and convenience make the Diskus a desirable method for inhalation treatment.

The following steps outline the best method to use a Diskus.

### Before Using a New Diskus:

- Take the diskus out of the foil wrapper. Check the foil pouch to see when the diskus must be used. Depending on the medicine in the device the diskus must be used within four to six weeks of opening the foil wrapper.

### Taking an Inhaled Treatment:

- Hold the diskus level with one hand.
- Place the thumb of the other hand on the thumb grip.



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- Push your thumb away from you until the diskus clicks. This will open the diskus so you can see the mouthpiece.



- Hold the diskus level and slide the lever away from you until the diskus clicks. This will load the medication. Keep the diskus level so you don't lose the medication.



- Hold the diskus level and away from your mouth and gently breathe out. Never exhale into the diskus.
- Seal your lips around the mouthpiece.



- **Inhale rapidly and deeply.** Continue to take a full, deep breath.
- **Hold your breath for up to ten seconds.** This allows the medication time to deposit in the airways.
- **Resume normal breathing.**
- **Close the diskus by placing your thumb on the thumbgrip. Pull your thumb toward you until the diskus clicks.** The mouthpiece will be hidden and the lever

will be reset.

- 11. If the medicine you are taking is Advair Diskus®, rinse your mouth after using the diskus.

#### Identifying When the Diskus is Empty:

- The Diskus has a dose indicator on the top of the device. Numbers on the dose indicator show how many doses are left in the diskus.



- When there are five doses left in the diskus the numbers on the dose indicator will turn red. This means the diskus is almost empty.
- When the red number is at 0 the diskus is empty. Plan to get a new Diskus before the dose indicator gets to 0.

#### Care and Cleaning:

If the mouthpiece is dirty, wipe it with a cloth. Do not put the Diskus in water. Keep the diskus closed when not in use.

Note: This information is provided to you as an educational service of LUNG LINE® (1-800-222-LUNG). It is not meant to be a substitute for consulting with your own physician

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