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.
• 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 thumpgrip. Pull your thumb toward you until the Diskus® clicks. The mouthpiece will be hidden and the lever will be reset.
- 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.