

## 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

1. Hold the Diskus® level with one hand.
2. Place the thumb of the other hand on the thumb grip.
3. Push your thumb away from you until the Diskus® clicks. This will open the Diskus® so you can see the mouthpiece.



4. 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.



5. Hold the Diskus® level and away from your mouth and gently breathe out. Never exhale into the Diskus®.

6. Seal your lips around the mouthpiece.

7. **Inhale rapidly and deeply.** Continue to take a full, deep breath.

8. **Hold your breath for up to ten seconds.** This allows the medication time to deposit in the airways.

9. **Resume normal breathing.**



10. **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.

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.

Visit our website for more information about support groups, clinical trials and lifestyle information.

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