

# Using Your Diskus®

## Patient Education Guide

AMERICAN COLLEGE OF  
**CHEST**  
PHYSICIANS

American College of Chest Physicians  
3300 Dundee Road, Northbrook, IL 60062  
(847) 498-1400 phone  
(847) 498-5460 fax  
www.chestnet.org



To make your breathing better, you **MUST** take your medicine as explained below. Following these instructions puts more of the medicine into your lungs. This will open your air passages and help you breathe easier and feel better.



1 Hold Diskus® in one hand, and put the thumb of your other hand on thumb grip.



2 Push your thumb away from you as far as it will go. The mouthpiece will appear and will click into place.



3 Hold Diskus® level with mouthpiece facing you.



4 Slide lever away from you as far as it will go. You will hear a click. The medicine is now ready for you to breathe in. **DO NOT TIP YOUR DISKUS®. YOU MAY LOSE THE DOSE OF MEDICINE.**



5 Turn your head and breathe out normally. **NEVER BREATHE OUT INTO THE DISKUS®.**



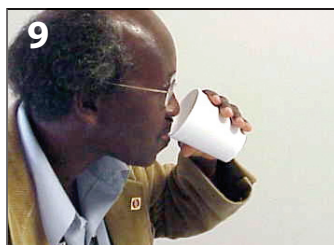
6 Put mouthpiece between your lips and make a tight seal. **BREATHE IN FAST AND DEEP.**



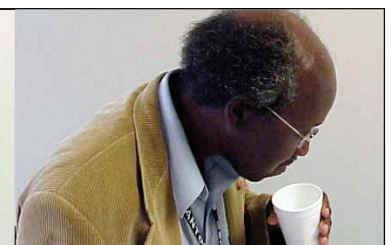
7 Remove Diskus® from mouth. **HOLD** your breath for 10 seconds. If you cannot hold your breath for 10 seconds, hold your breath as long as you can. Turn your head, and breathe out.



8 Put your thumb on the thumb grip, and slide it back toward you as far as it will go. You will hear a click. The Diskus® is now closed.



9 Rinse your mouth with water. Spit the water out; do not swallow it. *Rinsing is only necessary if the medicine you just took was a corticosteroid, such as Flovent®.*



**The American College of Chest Physicians is the leading resource for the improvement of cardiopulmonary health and critical care worldwide. Its mission is to promote the prevention and treatment of diseases of the chest through leadership, education, research, and communication.**

This publication's content contains general information, is not intended to be and is not complete, is not medical advice, and does not replace professional medical care and physician advice, which always should be sought for any specific condition. The American College of Chest Physicians and its officers, regents, executive committee, members, and employees specifically disclaim all responsibility for any liability, damages (actual or consequential), loss, or risk, personal or otherwise, based on any legal theory whatsoever, alleged to have been incurred as a result, directly or indirectly, of the use of any of the material herein.