

# Using Your Diskus<sup>®</sup>

## Patient Education Guide

AMERICAN COLLEGE OF  
**CHEST**  
PHYSICIANS

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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<sup>®</sup> 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<sup>®</sup> 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<sup>®</sup>. YOU MAY LOSE THE DOSE OF MEDICINE.**



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



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



7 Remove Diskus<sup>®</sup> 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<sup>®</sup> 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<sup>®</sup>.*

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