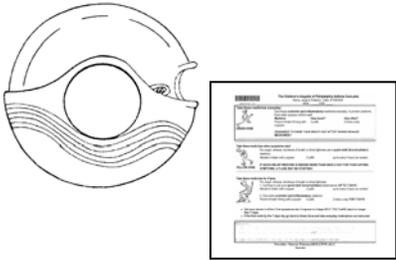
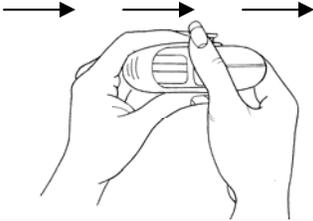
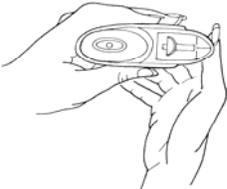
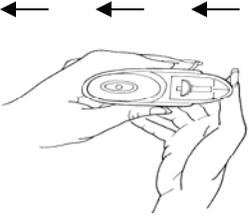


How to Use Your Dry Powder Inhaler (DPI) Diskus

37:B:05

The Diskus should only be used when prescribed by your physician or healthcare provider with the medication and in the dosage prescribed.

<p><b>Step 1.</b> Check your Asthma Care Plan to see when to take the medication in your Diskus.</p> 	<p><b>Step 2.</b> Hold the Diskus like a sandwich in your left hand. Make sure the dose counter is on the top. Put your right thumb in the grip and slide the Diskus open so it clicks in place. Now you can see the mouthpiece.</p> 	<p><b>Step 3.</b> Breathe out.</p>  <p><b>*Be careful not to breathe out near or toward the mouthpiece.</b></p>
<p><b>Step 4.</b> Keep holding the Diskus in the left hand. Use your right thumb to slide the lever back to the thumb grip until it clicks in place.</p> 	<p><b>Step 5.</b> Put the mouthpiece in your mouth and take a <b>full, fast, deep</b> breath in.</p> 	<p><b>Step 6.</b> Hold your breath for 10 seconds and then breathe out normally.</p> 
<p><b>Step 7.</b> Place your right thumb in the thumb grip. Slide the Diskus closed so the mouthpiece is covered and it clicks back in place.</p> 	<p><b>Step 8.</b> Rinse your mouth out. Take a sip of water, swish it around your mouth, and then spit it out. <b>OR</b> Brush your teeth.</p> 	<p><b>Step 9.</b> Check the dose counter. It tells how many doses of medicine are left. The numbers will turn red when 5 doses are left. Call for a refill before you run out of medicine.</p> 

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