



Using Your Diskus

Follow these steps to use your diskus correctly

1. Hold diskus in one hand. Put the thumb of your other hand on the thumb grip.
2. To open the mouthpiece, push your thumb away from you as far as it will go. The mouthpiece will appear and you will hear a click.
3. Hold the diskus horizontally like a sandwich.
4. To load the medication, slide the 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.
5. Turn head away from diskus and breathe out normally.
Do not breathe into the diskus. This will get the medication moist and it will no longer work.
6. Place diskus in mouth beyond the teeth and seal lips around the mouthpiece.
7. Take one **fast** and **deep** breath.
8. Move the diskus away from your mouth and hold that breath in for **10 seconds**.
9. Turn your head and breathe out.
10. Put your thumb in the thumb grip and slide it backwards as far as it will go. You will hear a click when the diskus is closed.
11. Brush teeth or rinse mouth out with water after use. **Do not** swallow the water.



See page 2 for storage tips.

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Keep your diskus in a dry place

- **Do not** get diskus wet. Keep away from moist areas.
- **Do not** keep in a bathroom or other damp rooms in your home.
- If the medication is moist or wet, it will no longer work.

When to replace your diskus

- **Write down the date** when you open a new package. Throw away after 1 month even if you have not used all the medicine.
- The dose counter on top of the diskus tells how many doses are left in it.
- When the number reads 0, all the medicine is gone. Throw the diskus away.

Do not run out of medication

- Keep a watch on the number of doses left in your diskus.
- **When you have used about half of the doses, call to get a refill.**
- The numbers will turn red when there are only 5 doses left.

**For questions and resources, call 1 (833) 327-8462.
www.SouthSideKidsAsthma.org**