

Using Your Inhaler Medicine

Dry Powder Inhalers (DPI)



Diskus



1. **Open:** Keep diskus level in one hand. Put thumb of your other hand on grip and push away until the mouthpiece appears and snaps into place.



2. **Click:** Slide lever away from you as far as it will go until you hear or feel a "click". Hold the diskus level and do not tip or you will lose the dose.



3. **Breathe Out:** Turn face away and breathe out. Do not blow into the diskus.



4. **Inhale:** Put the mouthpiece between your lips. Breathe in quickly and deeply through the diskus. Hold your breath for 10 seconds



5. **Close** the diskus, then blow out gently.



6. **Rinse** mouth with water, gargle and spit. Do not swallow.

- Take only one breath each time.
- The counter on the side shows how many doses are left
One month = 60 doses. 14 days = 28 doses