



How to Use a DISKUS[®] Inhaler

One of the devices used to take dry powder medicine is a DISKUS[®] Inhaler. The DISKUS[®] inhaler is used with medicines such as Advair[®], Serevent[®] and Floventt[®].

1. Hold the DISKUS[®] in one hand. Using your other hand, place your thumb on the thumb grip (see *Figure 1*).
2. Push the thumb grip away from you until the mouthpiece appears and it clicks into place (see *Figure 2*).
3. Hold the DISKUS[®] in a level, flat position with the mouthpiece facing you. Without tipping the DISKUS[®], slide the lever away from you until it clicks. The medicine is now ready to be inhaled (see *Figure 3*).
4. Before inhaling the medication, breathe out gently to empty your lungs. Be sure to hold the DISKUS[®] level and away from your mouth when doing this. Do not breathe out into the DISKUS[®] mouthpiece.
5. Place the mouthpiece in your mouth and close your lips around it (see *Figure 4*).
6. Breathe in deeply and quickly through your mouth until you have taken a full breath. Your breath will pull in the medicine. Do not breathe through your nose.
7. Remove the DISKUS[®] from your mouth and hold your breath for about 10 seconds.



8. Relax and breathe out slowly. Do not breathe out into the DISKUS®.
9. When you are finished, close the DISKUS®. Place your thumb on the thumb grip and sliding it back and toward you until it clicks shut. The lever will return to its original position and reset (see *Figure 1*).
10. If another inhalation is prescribed, repeat steps 1 through 9. Never take more than one puff every morning and every evening of the Serevent® or Advair Diskus®.
11. After each use, rinse out your mouth with water and spit the water out. Do not swallow the water.

Tips To Remember:

- Never wash the mouthpiece or any part of the DISKUS®.
- The DISKUS® features a built-in counter. Always check the number in the dose counter window to see how many doses are left.
- If you drop your DISKUS® or breathe into it after its dose is loaded, the dose can then be lost. If either of these things happen, reload the device before using it. Reloading the device will not result in an extra or larger dose.

For more asthma resources visit
sutterhealth.org/services/asthma