

How To Use Your Diskus Device

containing the following medication: _____



Diskus device
(exact colour will vary)

Why use this sheet?

This sheet contains important information to help you use the inhaler device properly. Keep it in a place where you can find it. This sheet also indicates how the inhaler will help you and reminds you of how many puffs to take and how often.

How using this inhaler will help me:

By taking my _____ I will:

- Improve the symptoms that I have such as: _____
- _____

How many puffs do I need to take and how often:

My dosing regimen is: _____ puffs _____ Date: _____

How do I know when to get a new inhaler?

The dose counter will turn red once 5 doses are left in the inhaler.
When zero shows, take it to your Pharmacy for recycling.

See over for step by step instructions

Inhaler Administration Steps

Prepare the device

1. Open to expose the mouthpiece (hold in one hand, put thumb of other hand on thumb grip and push).
2. Slide the lever until you hear a “CLICK”.

Get ready to inhale

3. Keep holding the diskus level/horizontal (hold it like a like a hamburger).
4. Breathe out as fully as possible, so your lungs are empty, and away from the inhaler.
5. Put the mouthpiece in your mouth, between your teeth and close you lips around the mouthpiece to make a good seal.
6. Inhale forcefully and deeply until your lungs are full.
7. Hold breath for 5 to 10 seconds, while removing the diskus from your mouth.
8. Breathe out slowly away from the inhaler.

If you have any questions about how to use this, take your device and ask your local community pharmacist to check your technique.
You can also watch videos at www.lung.ca

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