

# How to use a Diskus<sup>®</sup>



Interior Health  
*Every person matters*

Patient Information

[www.interiorhealth.ca](http://www.interiorhealth.ca)

## Usage

- Do not shake the Diskus<sup>®</sup> before using.
- If you drop or breathe into the Diskus<sup>®</sup> after loading it (Step 1 and 2), you will need to load another dose. Close the Diskus<sup>®</sup> and follow the steps from the beginning. Don't worry you won't get a double dose.

## Cleaning

- Wipe the mouthpiece with a clean, dry, cloth or tissue after you take your dose.
- Never use water.

## Storage

- Keep it closed.
- Keep it in a dry place at room temperature.
- Keep away from direct sunlight or heat.

## When to get a new Diskus<sup>®</sup>

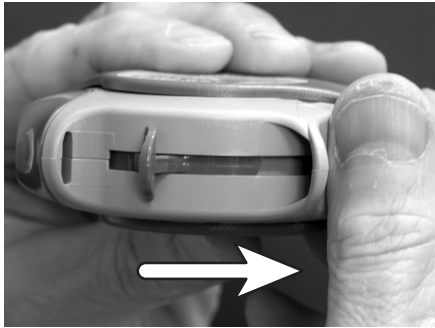
- Check the dose counter. When the window of the dose counter is red and you see the number '0' your Diskus<sup>®</sup> is empty.
- Check the expiry date on the Diskus<sup>®</sup>.
- Start a new inhaler when the old one is empty or expired.

*This document is for informational purposes only. For detailed instructions on use of the Diskus<sup>®</sup> and information about your medication please see the package insert or ask your pharmacist.*

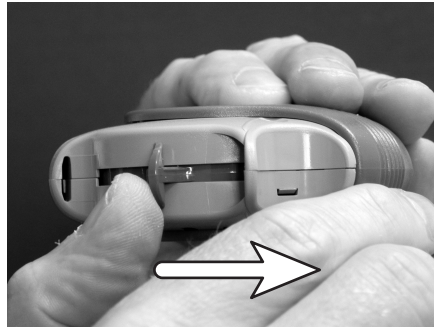
*more information on other side →*

Healthlink BC	Nurse	24 hours a day	Daily	<i>Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.</i>
<b>Call 8-1-1</b>	Dietitian	9 am–5 pm	Mon–Fri	
	Pharmacist	5 pm–9 am	Daily	
<a href="http://www.healthlinkbc.ca">www.healthlinkbc.ca</a>	Hearing Impaired	Call 7-1-1		

## How to use a Diskus<sup>®</sup> (continued)



**1. Hold** the Diskus<sup>®</sup> with your thumb in the groove. **Push Open.** Hear a **click.**



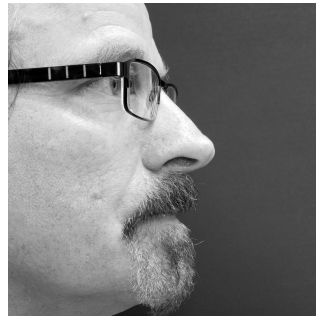
**2. Slide** lever. Hear a **click.**



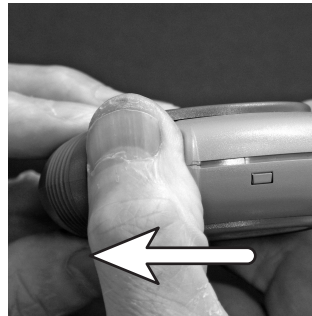
**3. Breathe out** away from the Diskus<sup>®</sup> to the end of a normal breath.



**4. Put the Diskus<sup>®</sup>** between your teeth and seal your lips around it. **Breathe in as fast as you can** until your lungs are full.



**5. Remove the Diskus<sup>®</sup>** and **hold your breath** for **10 seconds**, if you can. **Breathe out.**



**6. Close.**



**7. Rinse, gargle** and spit out.