
Using a Diskus Inhaler

1. Open the Diskus by holding the outer case in one hand. Put your thumb of the other hand on the thumb grip. Push your thumb away from you as far as it will go and you hear a click.



2. Slide the lever away as far as it will go until you hear a click.



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3. Hold the Diskus away from your mouth.
Breathe out normally.
Put the mouthpiece to your lips.
Breathe in deeply and steadily through the Diskus.



4. Move the Diskus away from your mouth and hold your breath for about 10 seconds.



5. To close the Diskus, put your thumb on the grip and slide it as far as it will go. You will hear it click shut.



6. There is a counter on the Diskus that shows how many doses are left.