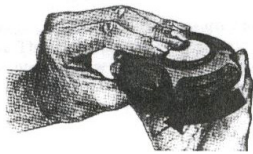
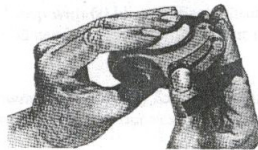
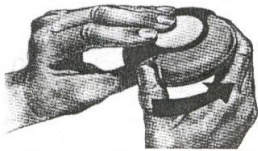




## ... use a *Diskus*<sup>®</sup>

**Suggested age:** 4 years and up

The *Diskus*<sup>®</sup> contains a dry powder medication. The *Diskus*<sup>®</sup> is breath activated, breathing in deeply and steadily pulls the medication out.



1. **To open *Diskus*<sup>®</sup>**, hold the outer case in one hand and put the thumb of your other hand on the thumb grip. Push your thumb away from you as far as it will go until a “click” is heard.
2. **Hold *Diskus*<sup>®</sup>** with the mouthpiece towards you. Slide the lever away from you as far as it will go, until it clicks. The *Diskus*<sup>®</sup> is now ready to use. Every time the lever is pushed back a dose is made available for inhaling. This is indicated by the dose counter.
3. **Breathe out fully**, away from the *Diskus*<sup>®</sup>.
4. **Seal lips around the mouthpiece**, holding the inhaler either horizontally or upright.
5. **Breathe in deeply and steadily** through your mouth. You may or may not taste or feel any medication when breathing in, this is common.
6. **Hold breath for 10 seconds** or as long as possible.
7. Remove the *Diskus*<sup>®</sup> from your mouth before breathing out slowly.
8. If more than one dose has been prescribed, repeat the steps 2 to 7.
9. **To close *Diskus*<sup>®</sup>**, put your thumb on the thumb grip and slide it back toward you as far as it will go. When you close the *Diskus*<sup>®</sup>, it clicks shut. The lever automatically returns to its original position and is reset.
10. **Rinse mouth and gargle with water** after using corticosteroids, including combination puffers. If possible, do not swallow the water.

- Always check the expiry date of medications.
- Read the instructions that come with the *Diskus*<sup>®</sup>.

### Special instructions

- Keep the *Diskus*<sup>®</sup> dry. Moisture in the breath or in the air will interfere with the delivery of the medication.  
Dose counting
- The number in the dose counter window tells you how many doses you have left. Shaking the *Diskus*<sup>®</sup> does not tell you if it is full or empty! The dose is actually lost when you shake or drop the *Diskus*<sup>®</sup> after it is loaded. If this happens, you should load a new dose for your child to inhale.

### Cleaning instructions

- Wipe the mouthpiece with a dry tissue or cloth.
- Never wash the device with water.

Developed by the Department of Pharmacy and the Asthma Education Clinic with assistance from the Department of Learning & Development

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