

# How to Take Your Inhaler Medicines

## Dry Powder Inhaler (DPI)—Diskus



### 1. Open

Keep the diskus level in one hand. Put the thumb of your other hand on the grip and push away until the mouthpiece appears and snaps into place.



### 4. Inhale

Put the mouthpiece between your lips. Breathe in quickly and deeply through the diskus. Hold your breath for 10 seconds.



### 2. Click

Slide the lever away from you as far as it will go until you hear or feel a click. Hold the diskus level and do not tip it or the dose may fall out.



### 5. Close the diskus

Then, blow out gently.



### 3. Breathe out

Turn your face away and breathe out. Do not blow into the diskus.



### 6. Rinse your mouth

with water, gargle and spit. **Do not swallow.**

- Take only one breath each time.
- Do not shake the diskus.
- Do not get the diskus wet.
- Store in a cool, dry place.
- The counter on the side shows how many doses are left:
  - 1 month = 60 doses; 14 days = 28 doses; 7 days = 14 doses

**Dry powder inhalers are controller medicines.  
They are not to be used for quick relief.**

