# How to Take Your Inhaler Medicines

## Dry Powder Inhaler (DPI)—Diskus

<table>
<thead>
<tr>
<th>Step</th>
<th>Instruction</th>
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<tbody>
<tr>
<td><strong>1. Open</strong></td>
<td>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.</td>
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<tr>
<td><strong>2. Click</strong></td>
<td>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.</td>
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<tr>
<td><strong>3. Breathe out</strong></td>
<td>Turn your face away and breathe out. Do not blow into the diskus.</td>
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<td><strong>4. Inhale</strong></td>
<td>Put the mouthpiece between your lips. Breathe in quickly and deeply through the diskus. Hold your breath for 10 seconds.</td>
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<tr>
<td><strong>5. Close the diskus</strong></td>
<td>Then, blow out gently.</td>
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<tr>
<td><strong>6. Rinse your mouth</strong></td>
<td>with water, gargle and spit. Do not swallow.</td>
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</tbody>
</table>

- 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.

For more information, please see medication package insert

Created in collaboration with the American Lung Association in Maine

www.mainehealth.org/asthma
www.mainehealth.org/COPD