

*I'm not sure
how to use my diskus.
What do I need
to know?*

The Diskus is used to deliver three different types of medication: Serevent, a long-acting bronchodilator comes in a green container; Flovent, an inhaled steroid which is in an orange container and Advair, a combination of Flovent and Serevent, which comes in a purple container. The Diskus can be used by most children over five years of age.

Instructions

Open

Hold the outer case in one hand and put the thumb of the other hand on the thumb grip. Push the thumb away as far as it will go until a click is heard.

Slide

Slide the lever away as far as it will go until a click is heard.

Inhale

Hold the Diskus inhaler away from the mouth and exhale completely. With the mouthpiece to the lips, inhale quickly and deeply through the Diskus inhaler. Remove the Diskus inhaler, hold your breath for about 10 seconds, and then breathe out slowly.

Close

Slide the thumb grip back as far as it will go until a click is heard. The lever is automatically reset for the next dose.

Special Instructions

If you are using Flovent or Advair be sure that you rinse your mouth with water after each use. This is important to prevent you developing a yeast infection in your mouth or throat.

Have more questions?

- Contact The Lung Association's Asthma Action Help Line at **1-800-668-7682** and speak to a Certified Asthma Educator.
- Order a free copy of The Lung Association's Asthma Action Handbook by calling **1-800-668-7682**.
- Check out our website: **www.lung.ca**