

# COPD: Using Your Diskus

Your doctor may prescribe a medication for you in a dry powder inhaler, called a diskus.

A diskus delivers powdered medication into your lungs.

Be sure to have your healthcare provider coach you on exactly how to use it.

Let's take a closer look at the diskus. A diskus has a mouthpiece and a lever. It also shows you how many doses you have left in device.

To use a diskus, hold it level in the palm of one hand.

Put the thumb of your other hand in the thumb grip, or dent, then push until the device clicks open.

Keeping the device level, slide the lever as far as it will go until you hear a click. This loads a single dose of medication.

Exhale deeply away from the device. Then put the mouthpiece in your mouth still keeping it level.

Take a quick deep breath in to bring the medication into your lungs.

Take the Diskus out of your mouth, while you hold your breath in. Your goal is to hold your breath for ten seconds, and then slowly exhale.

Close the device by putting your thumb in the thumb grip, and sliding it until the device clicks shut.

After using the diskus, it is important to rinse your mouth, and spit the water out. This removes any powder that has settled on your tongue or in your mouth.

Rinsing will help prevent a yeast infection called thrush from forming in your mouth. Do not swallow the water.

When you finish using the diskus make sure to store it in a cool dry place.

Remember when using your Diskus to push the thumb grip open.

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

Exhale away from the device.

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Bring the mouthpiece to your mouth.

Take a quick deep breath in.

Take the Diskus away from your mouth, while holding your breath.

Hold your breath for ten seconds. Exhale.

If you have any questions about your dry powdered inhaler medication, or feel that you may be experiencing side effects, talk with your healthcare provider.