

# How to use your Diskus Inhaler

When you have asthma your healthcare provider will prescribe medications to help keep it managed. You may be prescribed a dry powder inhaler, called a diskus.

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.

Let's try it now.

Step 1. Hold the diskus level in the palm of one hand.

Step 2. Put the thumb of your other hand in the thumb grip, or dent, then push until the device clicks open.

Step 3. Exhale deeply away from the device.

Step 4. Put the mouthpiece in your mouth keeping it level. Take a quick deep breath in to bring the medication into your lungs.

Step 5. Take the diskus out of your mouth. Hold your breath for ten seconds, then exhale.

Step 6. If you need another dose, repeat Step 4. Then rinse your mouth with water and spit it out.

Let's review.

Hold the diskus level in the palm of one hand.

Push the thumb grip until the device clicks open.

Exhale deeply away from the device.

Put the mouthpiece in your mouth and take a quick deep breath in.

Take the diskus out of your mouth, hold your breath for ten seconds, then exhale.

Repeat if another dose is needed. Then rinse your mouth with water and spit it out.

Using your diskus correctly will help you get the medication you need into your lungs and manage your asthma. If you have questions about how to use your diskus, talk to your healthcare provider.