

Step-by-Step: Using a Dry-Powder Diskus Inhaler

Using a Dry-Powder Diskus Inhaler. Wash your hands with soap and water for at least 20 seconds. Check the expiration date on your inhaler.

Flip open the mouthpiece on the side of your inhaler. Push the lever on the side all the way down.

Make sure to hold your inhaler level. Don't shake it up and down. Stand up straight or sit up straight.

Turn your head away from your inhaler and take one breath in. Keeping your head turned away, let out one breath.

Turn your head towards your inhaler and place it between your lips. Take one breath in. Hold your breath for 10 seconds.

Remove the inhaler from your mouth and turn your head away from it. Let out one breath. Push the lever on the side back to where it was originally.

Flip the mouth piece closed on the side of your inhaler. If your inhaler used a steroid, rinse your mouth with a sip of water and spit it out.

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