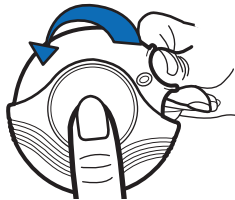


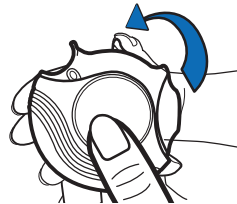
# Using your Diskus<sup>®</sup>

1



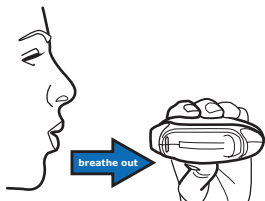
**Open** the diskus<sup>®</sup> using the thumb grip. The mouthpiece will appear.

2



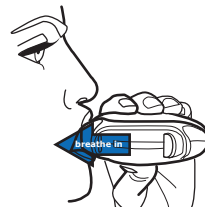
**Slide** the lever as far as it will go. You will hear a “click”. The medication is now ready for you to breathe in. To prevent losing this dose of medication, do not tip the diskus.

3



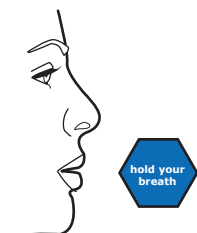
**Hold** the diskus<sup>®</sup> level with the mouthpiece facing you. **Breathe out** completely, away from the mouthpiece.

4



**Seal** your lips around the mouthpiece. **Breathe in** fast and deep

5



**Remove** the diskus<sup>®</sup> from your mouth. **Hold your breath** for 5-10 seconds then **breathe out**. Close the diskus<sup>®</sup>.

6



**Rinse** your mouth with water; spit the water out. (If your medication is a corticosteroid e.g. flovent).



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