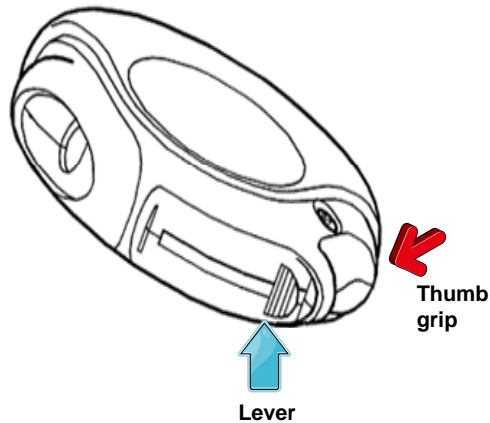


Using a Diskus[®] Dry Powder Inhaler

A Diskus[®] is a plastic device containing powdered medication. A Diskus[®] is breath activated. This means when you inhale, the Diskus[®] automatically releases the medication. The small size and effective delivery of medicine make the Diskus[®] an excellent method for taking medication for many people. However, it does require some coordination and generally does not work well for young children.



Before Using a New Diskus[®]:

Take the Diskus[®] out of the box and foil pouch. Write the "Pouch opened" and "Use by" dates on the label on top of the Diskus[®]. The "Use by" date is 1 month from date of opening the pouch.

Using the Diskus[®]:

1. Open it.

Hold the Diskus[®] in one hand and put the thumb of your other hand on the **thumb grip**. Push your thumb away from you as far as it will go until the mouthpiece appears and snaps into position.

2. Click

Hold the Diskus[®] in a level, flat position (like a hamburger) with the mouthpiece toward you. Slide the **lever** away from you as far as it will go until it **clicks**. The Diskus[®] is now ready to use.

Every time the **lever** is pushed back, a dose is ready to be inhaled. This is shown by a decrease in numbers on the dose counter. **To avoid releasing or wasting doses once the Diskus[®] is ready:**

- Do not close the Diskus[®].
- Do not tilt the Diskus[®].
- Do not play with the lever.
- Do not move the lever more than once.

3. Take a dose

First, breathe out (exhale) fully while holding the Diskus[®] level and away from your mouth. Remember, never breathe out into the Diskus[®] mouthpiece.

- A. Put the mouthpiece to your lips. Breathe in quickly and deeply through the Diskus[®]. Do not breathe in through your nose.
- B. Remove the Diskus[®] from your mouth. Hold your breath for about 10 seconds, or for as long as is comfortable. Breathe out slowly.
- C. Repeat steps 2 (Click) and 3 (Take a dose) for a second dose if needed.
- D. Rinse your mouth with water after breathing-in the medicine. Spit the water out. Do not swallow.

4. After taking a dose

Close the Diskus when you are finished taking a dose so that the Diskus[®] will be ready for you to take your next dose. Put your thumb on the thumb grip and slide the thumb grip back toward you as far as it will go. The Diskus[®] will click shut. The lever will automatically return to its original position. The Diskus[®] is now ready for you to take your next scheduled dose. Store your Diskus[®] in a clean, dry place.

Knowing when your Diskus[®] is empty

The dose indicator on the top of the Diskus[®] tells you how many doses are left. The dose indicator number will decrease each time you use the Diskus[®]. When you only have a few doses left, the numbers 5 to 0 appear in red.

