

How To Use The DISKUS[®] Inhaler

You can take a dose from the DISKUS[®] with three simple steps:

- 1. Open.**
- 2. Click.**
- 3. Breathe in, and then close.**

Step 1— Open

Hold the DISKUS[®] in one hand. Place the thumb of the other hand on the grip. Push away from you, until the mouthpiece appears and snaps into place.



Step 2— Click

Hold the DISKUS[®] level.

Slide the lever away from you as far as it will go. You should hear a click.

Breathe out as long as you can while you hold the DISKUS level and away from your mouth. (Never breathe into the DISKUS[®].)



Step 3— Inhale

Put the mouthpiece to your lips.

Breathe in **quickly and deeply** through the DISKUS[®].

Hold your breath for about 10 seconds. Breathe out.

Then CLOSE the DISKUS[®].

