

How to Use Diskus

Patient Education Guide



Learn with - An Interactive training - Engaging animations - Your web cam

Good Inhaler Technique -Increases medicine effect - Saves of cost of medicine - Reduces ER Visits

www.use-inhalers.com

- For cleaning refer to the patient instructions that accompanies your inhaler.
- Following these step by step instructions will help you to inhale medicine effectively.



Step1: Check the dose counter to see the number of doses remaining.



Step2: Hold the inhaler properly in both the hands. Open the inhaler by using the thumb grip slide. You'll hear a click.



Step3: Hold the inhaler horizontally. For loading the dose, slide the lever downwards. You'll hear a click.



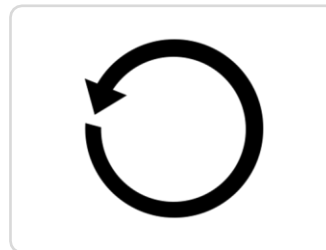
Step4: Exhale away from the inhaler.



Step5: Place the mouthpiece in your mouth. Take a quick and deep breath.



Step6: Hold your breath for 10 seconds. Exhale slowly through your mouth or nose.



Step7: If you are using "Flovent Diskus" and have been advised to take another dose, then repeat the steps from 3 to 6, after 30 seconds. If you are using a corticosteroid medication, rinse your mouth after all doses are complete.

Tip: Remember to rinse your mouth thoroughly after taking your dose and spit out the water.

Use-inhalers website is a great resource for Asthma and COPD patients. Learn how to use your Inhaler with interactive audio-visual instructions. Practice using the innovative webcam feature.

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