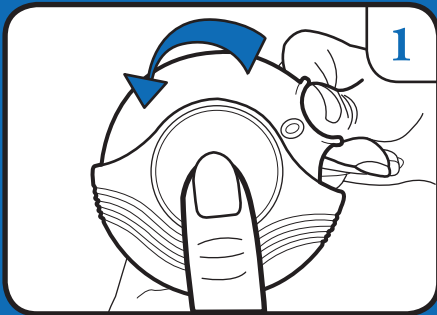
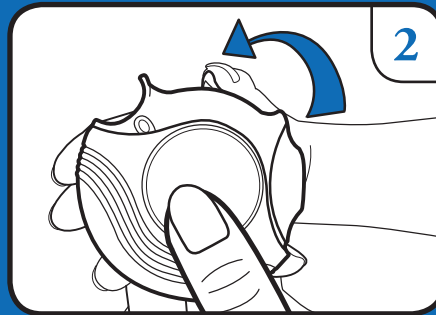


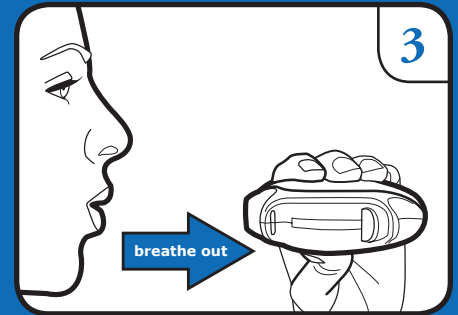
USING YOUR diskus[®]



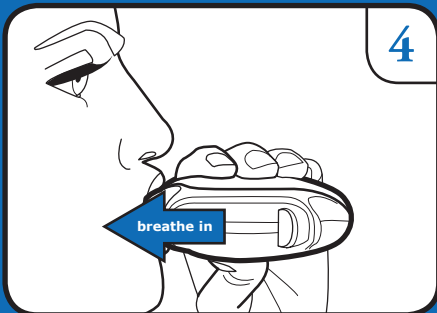
open the diskus[®] using the thumb grip. The mouthpiece will appear.



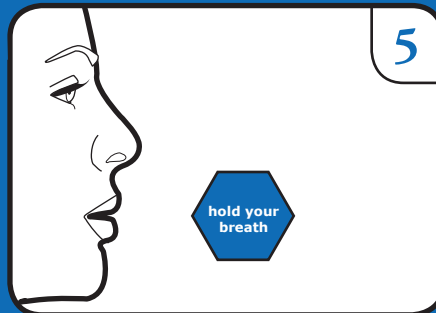
slide the lever as far as it will go. You will hear a "click". The medication is now ready for you to breathe in. To prevent losing this dose of medication, do not tip the diskus.



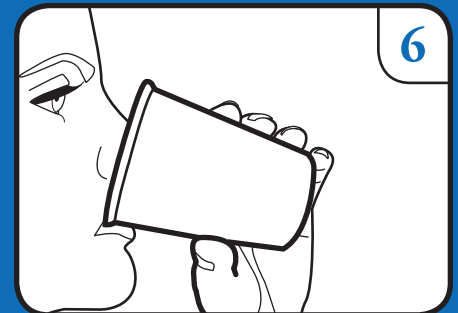
hold the diskus[®] level with the mouthpiece facing you. **Breathe out** completely, away from the mouthpiece.



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



remove the diskus[®] from your mouth. **Hold your breath** for **5-10** seconds then **breathe out**. Close the diskus[®].



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



Respiratory Wellness Centre

RESPIRATORY CARE GROUP

COMMUNITY RESPIRATORY PROGRAM