

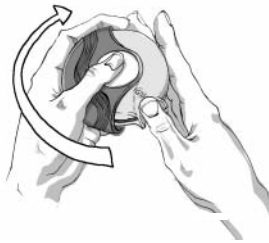


USING A DISKUS® (OPEN, CLICK, INHALE)

Diskus inhalers are used to deliver long term control medicines into the lungs. Use a diskus inhaler as instructed by health care providers. Long-term control medicines should be taken every day, like a vitamin. They work slowly, over several weeks, to get rid of swelling and mucus in the lungs. Once the swelling and mucus is gone, these medicines keep the swelling and mucus from coming back. Long-term control medicines do not help during asthma flare-ups. For more information, visit www.famallies.org or call (414) 390-2179.

Using Your Diskus

1



M. Tsutsumi

While holding the diskus flat (horizontally), push the grip open until the mouthpiece appears and snaps into place.

2



M. Tsutsumi

While holding the diskus flat (horizontally), push the inside lever away until you hear and feel a click.

3



M. Tsutsumi

Breathe out.

4



M. Tsutsumi

Place your teeth on the mouthpiece and close your lips.

5



M. Tsutsumi

Breathe in deeply and forcefully, holding the inhaler horizontally.

6



M. Tsutsumi

Hold your breath for 10 seconds.

Continued on the other side

Using Your Diskus

7



M. Tsutsumi

Close when done.

8



M. Tsutsumi

When the dose counter gets to 10, call for a replacement. *The last five doses are in red.*