

How to Use Your Diskus

1. Open the Diskus.



2. Slide the lever.
3. Blow out away from the device.
4. Tilt your head back slightly and sit up straight.



5. Seal lips around mouthpiece.
6. Breathe in quickly and deeply.
7. Hold your breath for up to 10 seconds.
8. Close Diskus.



9. Repeat steps 1 to 8 if needed.
10. When you are done, rinse, gargle and spit.
11. The number counter on the top of the Diskus will count down by one each time you use the device.
12. When you have "5" doses left, the counter will turn red. It will read "0" when it is empty.



13. Use a dry cloth to clean the Diskus once a week.
14. Never wash the device.
15. Store in a cool dry place.