## Diskus®

The Diskus has a dose indicator on the top. This counts down the number of doses as you use them.

### Loading a Dose of Medicine:

1. Hold the Diskus in one hand and put the thumb of your other hand on the thumb grip.

2. Push your thumb away from you as far as it will go until you hear a click. This action opens the Diskus so you can see the mouthpiece.

3. Hold the Diskus level. Slide the lever away from you as far as it will go until it clicks. The Diskus is now ready to use. You will see the dose counter decrease by one. Hold the Diskus level to avoid wasting a dose.
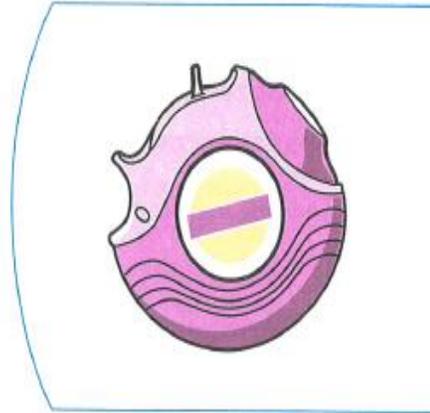
### Breathing In the Medicine:

4. Before breathing in the medicine, turn your head away from the Diskus and breathe out.

5. Put the Diskus to your lips and make a seal around the mouthpiece.

6. Breathe in through your mouth. Remove the Diskus from your mouth.

7. Hold your breath for 5 to 10 seconds. Then resume normal breathing.

8. Close the Diskus by placing your thumb in the thumb grip. Slide the grip back toward you, over the mouthpiece, until it clicks. This resets the inhaler so it is ready to use for your next treatment.

### Diskus Notes:

* Keep the Diskus closed when not in use.

* Keep the Diskus dry. If the mouthpiece gets dirty, wipe it with a cloth.

* Doses 5 though zero are in red to warn you to refill the prescription. When the "0" appears in the dose window, throw away the Diskus and start a new one.