

How to use a Diskus Dry Powder Inhaler (Advair and Serevent)

- 1. Stand up**
- 2. Open the device** – Place thumb in groove and slide back until device opens and you hear a click.
- 3. Activate the inhaler** - Push lever back until you hear a click.
- 4. Hold inhaler horizontally, parallel to the floor** - Do not tilt the diskus vertically in order to prevent potential spilling of powder or losing the dose.
- 5. Exhale fully** – Exhale with your face turned away from the inhaler device. Do not exhale or blow into inhaler device, as it may cause clumping of the powder.
- 6. Breathe in deeply and steadily**
- 7. Hold your breath for 10 seconds**
- 8. Close the Diskus**
- 9. Rinse out your mouth and spit out the water**
- 10. Check the counter and get a refill promptly before it runs out** . The number of doses remaining is displayed in a counter on top of the diskus.