

## ***Dry Powder Inhaler Instructions (DPI's)***

### **1. Stand up**

Lowers the diaphragm and allows for lung expansion

### **2. Open the device**

Pulmicort – Twist off cover

Diskus (Advair & Serevent) – slide back thumb key

### **3. Activate the inhaler**

Pulmicort – twist brown base to right then left to click

Diskus – push thumb grip back to click

### **4. Hold inhaler level, parallel to the floor**

Do not tilt or blow into inhaler device, may cause spilling of powder

### **5. Exhale to the end of a normal breath**

Away from the inhaler device

### **6. Inhale slowly and deeply**

Inhaling too fast may deposit powder on tongue and throat rather than into lungs

Pulmicort: inhale very deeply with force

### **7. Hold your breath for 10 seconds.**

Allows time for particles to travel into lungs before exhaling

### **8. Close the Diskus**

### **9. Rinse out your mouth and spit out the water**

Avoids swallowing any extra medicine, helps prevent thrush

### **10. Check the counter and get a refill before it is empty**

Diskus – Number of doses left is displayed on outside

Pulmicort – Band at bottom of Turbuhaler turns red when needs to be refilled