

Asthma: Using a Diskus inhaler

What is a diskus?

A diskus is a flat round device that contains a dry powder medication. A child needs to be able to breathe in deeply and quickly to pull the medication out.

How to Use a Diskus

Step 1

Open the diskus

To open the diskus hold the outer case in one hand and put the thumb of the other hand on the thumb grip. Push your thumb away from you as far as it will go until a click is heard.

Step 2

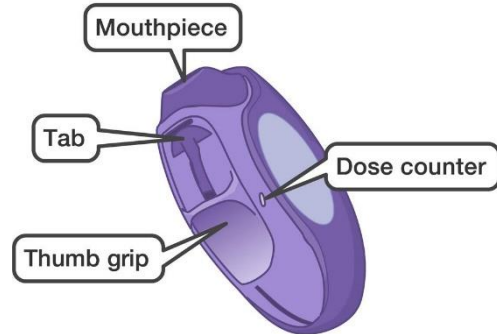
Get Medicine Ready

Slide the tab away from you as far as it will go, until a click is heard. This means the medicine is ready to use. Every time the tab is pushed back a dose of medication is ready for you to use.

Make sure that you do not lose any of the medication. Medication will be lost if:

- you shake the diskus after hearing the click
- you turn the diskus upside down after hearing the click
- If you drop the diskus after hearing the click
- If you blow into the diskus after hearing the click.

If any of these things happen you reset the lever by pushing it back to its original position and repeat step 2.



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Step 3 Take the Medication

Stand or sit straight.

Breathe out fully, away from the diskus.

Hold the inhaler upright. Seal lips around the mouthpiece making sure teeth and tongue are not blocking the hole in the mouthpiece.

Take in a quick deep breathe through the mouth. After the breath remove the mouthpiece and hold breath for 10 seconds or as long as possible.

If a second dose of medication is required wait 30 seconds and repeat steps 2-3.

To close the diskus, put your thumb on the thumb grip and slide it back toward you as far as it will go. You will hear a click. The lever automatically returns to its original position and is reset.

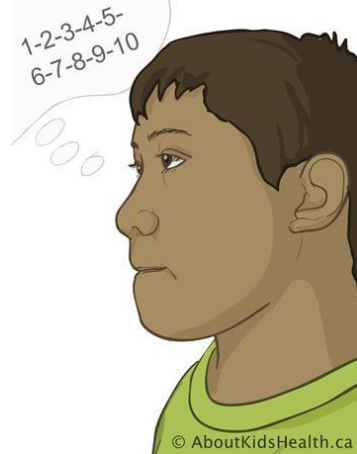
Step 4 Rinse mouth

(This step is only necessary if your child is using a controller medication)

Make sure your child drinks or rinses their mouth with water. This will help remove any medicine that may be left in the mouth to prevent thrush. Thrush is a yeast infection that can cause white patches on the mouth and tongue.



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Be sure to always read the manufactures instructions to determine the correct care for your diskus®.

- Keep the diskus in a dry place. Moisture your breath or in the sir will interfere with the delivery of the medication. Never wash the device with water.
- Wipe mouthpiece with a dry cloth at least once a week
- Check expiry date on the device. It is located on the side of the diskus.
- Replace the cap after use.
- The sound you hear when you shake the diskus® is the powder that keeps the medication dry. You **DO NOT** need to shake the diskus before using it.
- The number in the dose counter window tells you how many doses you have left. When there are 20 doses left you should go to your pharmacy as soon as possible to get a new one. When the counter reads 0 throw it away and use a new diskus.