

# HOW TO USE YOUR DISKUS (Serevent and Advair)

## 1. OPEN



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- Hold the DISKUS in left hand and place the thumb of your right hand on the thumb grip.
- Push away until the mouthpiece appears and snaps into position.

## 2. CLICK



### 2. CLICK:

- Hold the DISKUS in a level, horizontal position.
- Slide the lever away from you as far as it will go until it clicks. The DISKUS is now ready to use.
- Every time the lever is pushed back, a dose is made available for inhaling. The dose counter shows this. At this point do not close the device, play with the lever, or advance the lever more than once because this will release doses that will be wasted.

## 3. INHALE



### 3. INHALE:

- Before inhaling your dose of DISKUS, exhale all the way, holding the DISKUS level and away from your mouth. **Remember, never breathe out into the DISKUS mouthpiece.**
- Place the mouthpiece between your lips. Breathe in **steadily and deeply** through the DISKUS, not through your nose.
- Hold your breath for 10 seconds, and then exhale slowly.

### 4. CLOSE:

- To close the DISKUS, put your right thumb on the thumb grip and slide it back towards you as far as it will go. The DISKUS will click shut. The lever will automatically return to its original position and will reset. The DISKUS is now ready for your next scheduled dose.
- The does counter will now display the number of doses remaining. When five doses are left, the number will be displayed in red.

5. **FINISH: Rinse your mouth with water.** Do not swallow.