

UNIVERSITY STUDENT HEALTH SERVICES • Fact Sheet

HOW TO USE THE DISKUS

1. Open the Diskus by holding the outer casing of the Diskus in one hand, while pushing the thumb grip away with the other hand. You will hear a click.
2. Hold the Diskus with the mouthpiece towards you, and slide the dose release lever away until it clicks. This makes the dose available for inhalation and turns the dose counter on.
3. Holding the Diskus level, breathe out gently away from the device.
4. Put the mouthpiece in your mouth, and take a deep steady breath in.
5. Remove the Diskus from your mouth, and hold your breath for 10 seconds.
6. To close the Diskus, slide the thumb grip back towards you as far as it will go, until it clicks.
7. The dose counter counts down from 60 to 0. The last five numbers are red.

