



IN CARE OF KIDS

Diskus

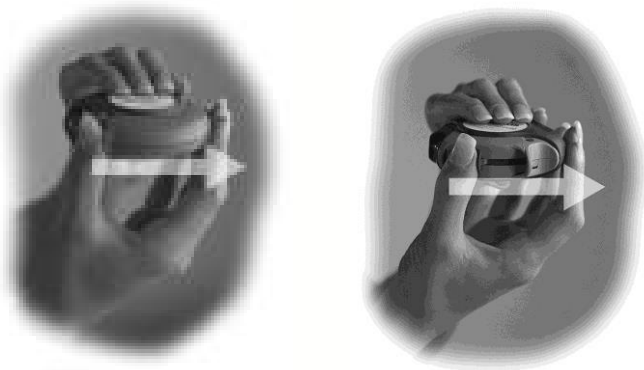
Medicines names: fluticasone (**FLOVENT**), fluticasone and salmeterol (**ADVAIR**)



The Diskus puts a fine dry powder medicine into the lungs. You must breathe in quickly and deeply to get the medicine into the lungs.

Step 1: Hold the Diskus flat in your left hand like a hamburger and put your right thumb on the thumb grip. Push the thumb grip away from you as far as it will go until it snaps in place and opens the Diskus. This will uncover the mouthpiece.

Step 2: Slide the lever until you hear it click. The number on the counter will count down by 1. The Diskus is now ready to use. Make sure you do not drop, close or tilt the Diskus before you breathe in the medicine. If you do, repeat steps 1 and 2 to load a new dose of medicine.



Author: Asthma Education Standardization Committee Approved by Patient Education Committee Valid through 2019

The information presented is intended for educational purposes only. It is not intended to take the place of your personal doctor's advice and is not intended to diagnose, treat, cure or prevent any disease. The information should not be used in place of a visit, call or consultation or advice of your doctor or other health care provider.

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Step 3: Inhaling the medicine. Breathe out (exhale) as long as you can while holding the Diskus level and away from your mouth. Put the mouthpiece up to your mouth and make a tight seal with your lips. Breathe in fast and deep until your lungs are full. Remove the Diskus from your mouth and hold your breath for 10 seconds. You may or may not taste or feel the medicine. Do NOT take an extra dose from the Diskus even if you do not taste or feel the medicine. If you accidentally blow into the Diskus, follow steps 1-2 to load a new dose of medicine.



Step 4: Close the Diskus. Put your thumb in the thumb grip and slide it back towards you as far as it will go until you hear it click. This covers the mouthpiece and resets the Diskus for the next scheduled dose. Keep your Diskus in a dry place at room temperature and do not get it wet. Make sure to brush your teeth and rinse your mouth with water after using the Diskus.

To watch a video on how to use the Diskus, visit: <http://www.childrenscolorado.org/Diskus>

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