

Diskus[®]

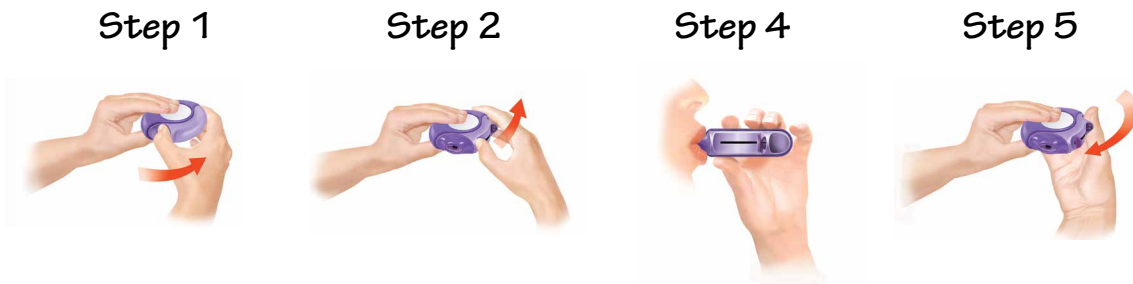
TECHNIQUE

1. **Open:** To open your inhaler hold the outer case in one hand and put the thumb of your other hand on the thumb grip. Push the thumb grip away from you, until you hear it click into place.
2. **Slide:** Hold your inhaler with the mouthpiece towards you. Slide the lever away until you hear another click. Your inhaler is now ready to use.
3. **Exhale:** Hold the inhaler away from your mouth. Breathe out as far as is comfortable. Remember – never exhale into your inhaler.
4. **Inhale:** Before you start to inhale the dose, read through this section carefully. Once you have fully exhaled, place the mouthpiece to your mouth and close your lips around it. Breathe in steadily and deeply through your mouth until a full breath is taken. Remove the inhaler from your mouth. Hold your breath for 5-10 seconds or as long as is comfortable. **Breathe out slowly.**
5. **Close:** To close your inhaler, place your thumb in the thumb grip, and slide it back until you hear a click. The lever is now automatically reset for your next use. The counter on the inhaler indicates how many doses are remaining.

www.livingwellwithcopd.com

Diskus[®]

TECHNIQUE - continued



Maintenance and Cleaning

- The device has a dose counter which tells you the number of doses remaining. To show when the last five doses have been reached the numbers appear in red.
- Each dose is accurately measured and hygienically protected. The Diskus requires no maintenance, and no refilling.

www.livingwellwithcopd.com