



# LUNG SASK

# DISKUS<sup>®</sup> (DISS-kuss) Inhaler Delivery Device

## HOW TO USE A DISKUS<sup>®</sup>

**Before first use, remove the inhaler from the foil pouch. The device comes ready-to-use and does not need priming.**

1. To open, hold the the outer case in one hand and put the thumb of the other hand on the cover's thumb grip. Slide open the cover with your thumb until a click is heard.
2. Slide the lever as far as it will go until a click is heard; this will load the dose. Your inhaler is now ready to use.
3. Breathe out, away from the mouthpiece.
4. While holding the inhaler horizontally, seal your lips around the mouthpiece and tilt your chin up slightly.
5. Breathe in steadily and deeply until your lungs are full. Discard the inhaler when it says "O".
6. Remove the inhaler from your mouth and hold your breath for 5-10 seconds.
7. Breathe out, away from the mouthpiece.
8. To close, slide the thumb grip until it snaps shut. This resets the inhaler for the next dose.
9. Rinse your mouth with water and spit the water out.



1. Push thumb grip to slide open



2. Slide lever until a click is heard



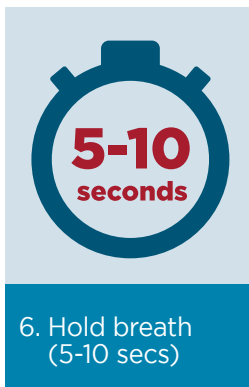
3. Breathe out



4. Seal lips around the mouthpiece and tilt chin up



5. Breathe in steadily and deeply



6. Hold breath (5-10 secs)



7. Breathe out



8. Slide the thumb grip to close



9. Rinse your mouth

# DISKUS<sup>®</sup> Inhaler Delivery Device

## CARE OF A DISKUS<sup>®</sup>

1. Use the inhaler within 1 month of opening the foil pouch.  
Mark use-by date on the inhaler.
2. Wipe mouthpiece with a dry tissue or cloth to clean.  
Never wash the inhaler with water.
3. Keep the inhaler dry and store in a dry place, away from direct heat or sunlight. Do not store inhaler above 25°C.
4. Keep the inhaler closed when not in use.
5. Check the number in the dose counter to see how many doses are left.
6. Throw out the device 1 month after opening the foil pouch or when the counter reads "0".
7. Always check the expiry date of the inhaler.



### Important information:

Diskus<sup>®</sup> is the name of the inhaler delivery device. Medications in this device have a brand name and generic names.

### Inhalers available in the Diskus<sup>®</sup>:

#### *Advair<sup>®</sup>*

Generic name: fluticasone propionate/salmeterol xinafoate

Doses: 250/50, 500/50mcg

Duration: 12 hours

#### *Flovent<sup>®</sup>*

Generic name: fluticasone propionate

Doses: 100, 250, 500 mcg

Duration: 12 hours

#### *Serevent<sup>®</sup>*

Generic name: salmeterol

xinafoate

Dose: 50 mcg

Duration: 12 hours

#### *Ventolin<sup>®</sup>*

Generic name: salbutamol

sulphate

Dose: 200 mcg

Duration: 3-6 hours



lungsask.ca



For video instruction:  
[lungsask.ca/inhaler-resources](https://lungsask.ca/inhaler-resources)