1. Check the dose counter before each use.
2. Hold the inhaler and push the thumb grip all the way back until it clicks.
3. Hold the inhaler flat and slide the lever back until it clicks.
4. Stand or sit up straight. Turn your head away from the inhaler. Breathe out all the way. DO NOT breathe into the inhaler.
5. Seal your lips tightly around the mouthpiece. Breathe in FAST and DEEP (1-2 seconds) through your mouth.
6. When your lungs are full take the inhaler out of your mouth. Hold your breath for 10 seconds or as long as you can.
8. Slide the thumb grip to the starting position to close the inhaler.

After using steroid inhalers like Advair® or Flovent Diskus®:
- Rinse your mouth
- Gargle
- Spit the water out
- DO NOT SWALLOW THE WATER

Updated: 1/2018
**Diskus® Tips**

**Do I need to prime the Diskus®?**
- This inhaler does not need to be primed.

**How do I care for my Diskus®?**
- Store this inhaler in the foil pouch and only open when you are ready to use it.
- Write the date you opened the foil pouch on the first blank line on the label.
- Write the “use by” date on the second line. This date is 1 month after first opened. Do not use after this date.
- Keep this inhaler in a dry place.
- Keep this inhaler at room temperature.
- Do not wash or take this inhaler apart.
- If the mouthpiece needs to be cleaned, wipe off with a dry cloth.

**How do I know when I need a refill?**
- The dose counter shows the number of doses left in the inhaler.
- When this inhaler is brand new, it has 60 doses.
- The dose counter counts down by 1.
- When the dose counter reaches 5, it will turn red. Contact the pharmacy to get a refill.
- When the dose counter reaches “0”, it is empty. Throw it away.
- Do not use the inhaler past the expiration date. If expired, throw it away and ask for a refill.

Adapted from: