

How to Use a Diskus Dry Powder Inhaler



1. Open the device by holding the device in a level, flat position. Place your thumb on the thumb grip and push away from you until it “clicks”.



2. Use your thumb again to push the dose lever away from the mouthpiece until you hear a “click”.



3. Breathe out away from the device.



4. Put the mouthpiece in your mouth and close your lips making a tight seal.



5. Breathe in quickly and deeply.



6. Remove Diskus from your mouth and hold your breath for 10 seconds. Breathe out slowly.



If you need another dose of medicine, wait 1 minute and repeat steps 2-7.



7. Rinse with water and spit it out.

Proper inhalation technique is important when taking your asthma medicine(s) and monitoring your breathing. Make sure to bring all your medicines and devices to each visit with your primary care provider or pharmacist to check for correct use, or if you have trouble using them.

For more videos, handouts, tutorials and resources, visit [Lung.org](https://www.lung.org).

Scan the QR Code to access How-To Videos



You can also connect with a respiratory therapist for one-on-one, free support from the American Lung Association’s Lung Helpline at **1-800-LUNGUSA.**