



# medfacts

AN EDUCATIONAL HEALTH SERIES FROM NATIONAL JEWISH HEALTH™

## Using A Diskus®

Many medications are available as inhaled treatments. Inhaled methods deliver medication directly to the airway, which is helpful for lung diseases. The patient and health care provider can choose from a variety of delivery systems for inhaling medication.

A Diskus consists of a plastic device containing powdered medication. A Diskus is breath activated. This means when you inhale, the Diskus automatically releases the medication. When inhaled correctly, the medication has a better chance to reach the small airways. This increases the medication's effectiveness. The portable size, efficiency and convenience make the Diskus a desirable method for inhalation treatment.

The following steps outline the best method to use a Diskus.

### Before Using a New Diskus:

1. Take the diskus out of the foil wrapper. Check the foil pouch to see when the diskus must be used. **Depending on the medicine in the device the diskus must be used within four to six weeks of opening the foil wrapper.**

### Taking an Inhaled Treatment:

1. Hold the diskus level with one hand.
2. Place the thumb of the other hand on the thumb grip.



3. **Push your thumb away from you until the diskus clicks.** This will open the diskus so you can see the mouthpiece.



4. **Hold the diskus level and slide the lever away from you until the diskus clicks.** This will load the medication. Keep the diskus level so you don't lose the medication.



5. **Hold the diskus level and away from your mouth and gently breathe out.** Never exhale into the diskus.
6. **Seal your lips around the mouthpiece.**



9. **Inhale rapidly and deeply.** Continue to take a full, deep breath.
8. **Hold your breath for up to ten seconds.** This allows the medication time to deposit in the airways.
9. **Resume normal breathing.**
10. **Close the diskus by placing your thumb on the thumbgrip. Pull your thumb toward you until the diskus clicks.** The mouthpiece will be hidden and the lever will be reset.
11. **If the medicine you are taking is Advair Diskus®, rinse your mouth after using the diskus.**

## Identifying When the Diskus is Empty:

1. **The Diskus has a dose indicator on the top of the device.** Numbers on the dose indicator show how many doses are left in the diskus.



2. **When there are five doses left in the diskus the numbers on the dose indicator will turn red.** This means the diskus is almost empty.
3. **When the red number is at 0 the diskus is empty. Plan to get a new Diskus before the dose indicator gets to 0.**

## Care and Cleaning:

**If the mouthpiece is dirty, wipe it with a cloth. Do not put the Diskus in water. Keep the diskus closed when not in use.**

Note: This information is provided to you as an educational service of LUNG LINE® (1-800-222-LUNG). It is not meant to be a substitute for consulting with your own physician