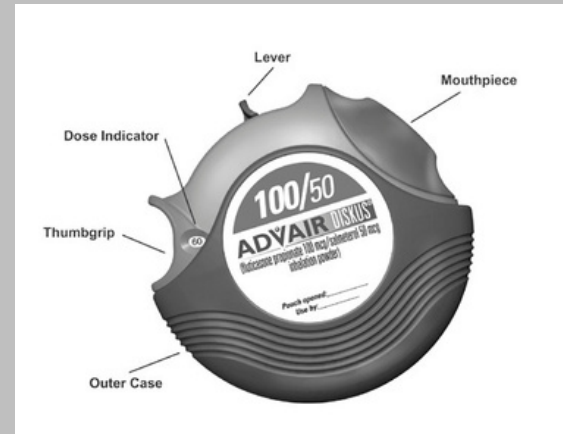


# How to Use a Dry-Powdered Inhaler - Diskus (DPI)

You have been prescribed an inhaled medication that is delivered through a dry-powdered inhaler, or DPI. Please follow these instructions when taking your medication.



## How to Use a Diskus

1. Hold the Diskus in one hand and put the thumb of your other hand in the notch and push it as far away from you as it will go. This will open the Diskus. Now the loading lever and the mouthpiece are showing.
2. Hold the Diskus flat and slide the lever away from you until it clicks. The dose is now set. Be sure to hold the Diskus flat until you take the dose.
3. Take a deep breath in, turn your head away from the Diskus and breathe out all the way.
4. Place the Diskus mouthpiece in your mouth. Make sure your teeth and tongue do not block the mouthpiece.
5. Breathe in as steadily and deeply as you can, but not too fast, and completely fill your lungs. Remove the Diskus from your mouth while holding your breath for 5-10 seconds. Breathe out gently.
6. Close the Diskus by sliding the thumb grip back over the mouthpiece and lever.
7. Rinse your mouth thoroughly with water and spit out the water. Do not swallow the water. This will decrease the risk of a mouth infection called thrush (candida infection).

# Diskus

## DO

- Keep the Diskus level and flat once the dose is set.
- Keep your Diskus in a dry place at room temperature.

## DON'T

- Do not use or store the Diskus in a room, like a bathroom with a shower, that gets humid. Moisture from the humidity can make the dry-powder stick together.
- Never shake or breathe into the Diskus.
- Never use a chamber or spacer with the Diskus.

Unlike other inhaled medications, you may taste or feel the dry powder or there might be a slightly sweet taste. This experience may be different from what you are used to.

As long as you follow the directions, you will get your full dose of medication.

## Common Diskus Devices:



**Advair**



**Flovent**



**Severent**

## Resources

### [GSK Help Center](#)

[Advair pharmaceutical prescribing information](#)

[Flovent pharmaceutical prescribing information](#)

[Severent pharmaceutical prescribing information](#)



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