Using your Diskus® (e.g., fluticasone/salmeterol, Advair®): Steps 1 to 10

1. Place your thumb on the thumb grip and push the thumb grip until it clicks into place and the mouthpiece appears.

2. Hold the Diskus® horizontal and upright (through step #6). Slide the lever away from you until it clicks.

3. **Breathe OUT normally** and away from the Diskus®. Don’t breathe in until step #5.

4. Put the Diskus® in your mouth with lips tight around the mouthpiece. **Keep Diskus® horizontal.**

5. **Breathe IN quickly** to fill your lungs full of medicine.

6. **Hold your breath for 5 to 10 seconds** and then take the Diskus® out of your mouth. We want to keep your lungs filled with medicine for 5 to 10 seconds.

7. **Breathe normally.**

8. Close the Diskus® by placing your thumb in the thumb grip and clicking it closed.

9. Store in a cool, dry place. If moisture and steam get into the Diskus® you may not get enough medicine.

10. Gargle your mouth and throat with water to reduce the risk of side effects.

Adapted From: [http://www.advair.com](http://www.advair.com).
Illustration Adapted From: [http://www.asthma.ca](http://www.asthma.ca).