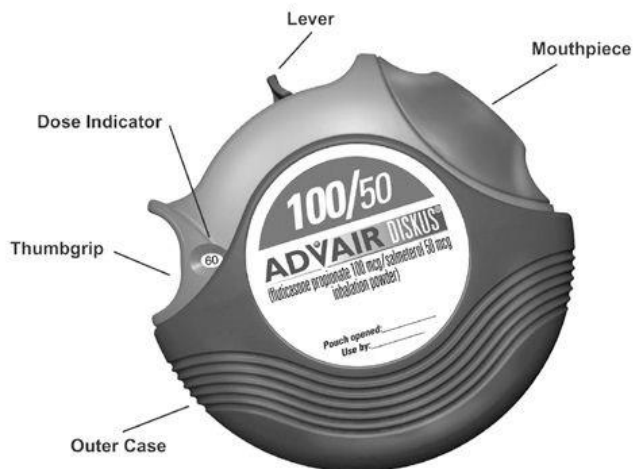# How to Use the Diskus

Instructions:

1. Check the dose counter to see the number of doses remain in the Diskus inhaler.
2. Open the inhaler by holding it in the palm of your hand, put the thumb of your other hand on the thumb grip and push the thumb grip until you hear it clicking into place.
3. Hold the inhaler horizontally.
4. Slide the lever away from you as far as it will go to load the medication dose.
5. Breathe out away from the inhaler.
6. Place the mouthpiece in your mouth and close your lips around it.
7. Breathe in deeply until you have taken a full breath.
8. Remove the inhaler from your mouth.
9. Hold your breath for 10 seconds.
10. Exhale slowly through your mouth or nose.
11. Check the number in the dose counter window to see how many doses are left.

Tips:

- If you breathe into the inhaler after its dose has been loaded, you may cause the dose to be lost. If this happens, reload the device before using it.

Cleaning:

- Keep the Diskus inhaler closed when not in use. Keep the Diskus inhaler dry. The Diskus inhaler does not need to be cleaned routinely. If the mouthpiece is dirty, wipe it with a cloth.