A Diskus

What is a diskus?
A diskus holds one or two medicines as a powder to help the airways inside your lungs.

How do I use a diskus?
1. Before starting the treatment, wash your hands with soap and warm water to reduce the risk of infection. You can also use anti-bacterial hand gel.
2. While holding the Advair® diskus in one hand, place the thumb of your other hand on the grip and push away until the mouthpiece appears and snaps into place.
3. Hold the diskus level.
4. To load the dose, slide the lever away from you as far as it will go until it clicks. Do not shake the diskus after loading it.
5. Breathe or blow out to empty the air out of your lungs. **Never blow into the diskus mouthpiece**.
6. Put the mouthpiece between your teeth and close your lips.
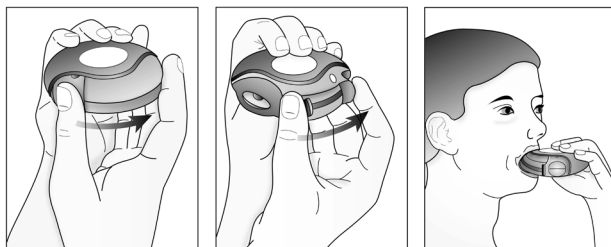7. Breathe in steady and deep.
8. Hold your breath for about 10 seconds.
9. Close the diskus.
10. Rinse your mouth with water and spit or brush your teeth.

How do I clean the diskus?
Use a dry tissue or cloth to clean the mouthpiece. Do not submerge the diskus into water.

How many doses are left in the diskus?
There is a window on the diskus that shows how many doses are left. The numbers will change to red when there are 5 doses left. Your diskus is empty when the number is "0" in red.