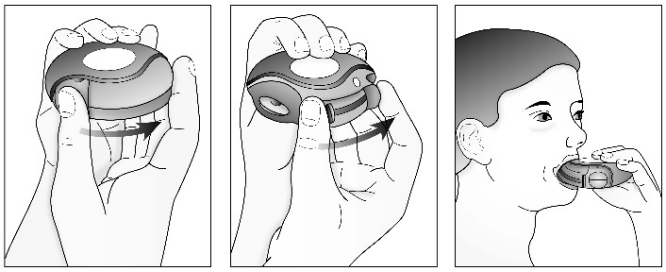
A Diskus

This handout explains how to use a diskus at home. A diskus is an inhaler that gives you one or two medicines in a dry powder form. These medicines help open your airways, making it easier to breathe.

Instructions

1. Before you start, 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. Then 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.



Cleaning the Diskus

Use a dry tissue or cloth to clean the mouthpiece. **Do not** put the diskus into water.

Checking the Dose

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.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 1/2026. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#5740