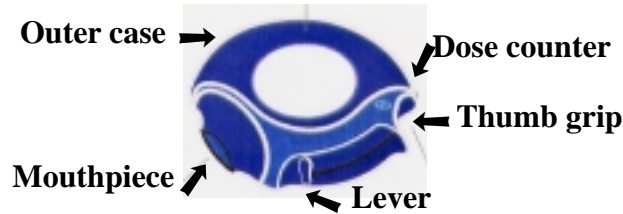


How To Use Your Diskus



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A look at your diskus:



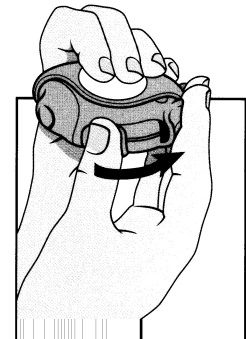
1. Open the diskus:

- Hold the outer case in one hand and put the thumb of your other hand on the thumb grip.
- Push the thumb grip as far as it will go until you hear a click. You should be able to see the mouthpiece.



2. Slide the lever:

- Hold the diskus level, with the mouthpiece facing you.
- Slide the lever on the side of the diskus away from you as far as it will go. You should hear a click.



3. Blow out through your mouth. **Do not blow into the diskus!**

4. Put your lips tightly around the mouthpiece so no air leaks out.

5. Breathe **in** steadily and deeply through your mouth for 3 seconds.

6. Take the mouthpiece out of your mouth.

7. Hold your breath for 10 seconds. Then breathe as you usually do.



8. Close the diskus:

- Pull the thumb grip towards you until you hear a click.
- The lever will reset when you do this.
- The diskus is now ready for you to use next time.

Remember!

- Do not get your diskus wet. Keep it in a dry place.
- Hold the diskus level (flat) after you open it.
- Do not shake the diskus.
- **Never** blow into the diskus. That may keep it from working right.
- Keep your diskus closed when you are not using it.
- The dose counter will show “0” when it is time for a new diskus.
- Do not use the diskus if it has been out of the foil package for longer than 6 weeks.

