How to use the Asthma Diskus

Learn the correct way to use the Advair, Flovent and Serevent Diskus.
Reminder: Never use an inhaler prescribed for someone else.
Difficulty: Easy
Time Required: 5 Minutes
Here's How:

1.   Grasp the Advair (or Flovent or Serevent) Diskus with your non-dominant hand. Hold the larger part of the inhaler containing the sticker with the name of the medication.

2.   Place the thumb of your dominant hand into the thumb notch on the side of the diskus, next to the dose counter window.

3.   Slide the diskus open by pushing with your thumb while holding the Diskus steady in your non-dominant hand. Continue sliding until the mouth piece is fully revealed and you hear a click.

4.   Move your thumb from the thumb notch to the thumb lever next to the mouth piece. Push this level away from the mouth piece until you hear a click. The dose counter will count down by one number when this is performed.

5.   Holding the device level (do not tip or shake the diskus, as the medication powder may fall out), place your mouth over the mouth piece and make a tight seal with your lips.

6.   Inhale deeply with your mouth, sucking the medication into the lungs. Hold your breath for 5 to 10 seconds, or as long as is comfortable.

7.   Close the cover of the diskus over the mouth piece. Keep an eye on the dose counter, as this number tells you the number of doses of medication remaining in the diskus.

Rinse your mouth and/or brush your teeth to decrease the chance that you will develop thrush from the inhaler. This step is not required for the Serevent Diskus. Use the diskus as often as prescribed by your doctor. Never use more doses than what is prescribed.