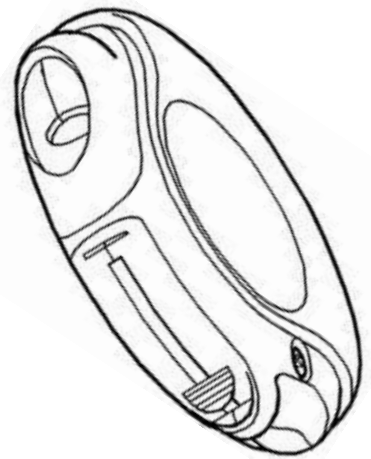


How to use a Diskus

1. Hold the Diskus in one hand, push the thumb grip away, until a click is heard
2. Slide lever away until it clicks
3. Breathe out gently
4. Put mouthpiece in mouth between the teeth and close lips, breathe in steadily and deeply
5. Remove the Diskus from mouth and hold breath for 10 seconds, or as long as possible then breathe out
6. To close, slide thumb grip back towards you as far as it will go until it clicks



Demonstrate your inhaler technique to your GP, nurse, pharmacist or clinical specialist at every opportunity