

## Inhalation with the Diskus inhaler

1. Diskus inhalers contain asthma medications as a dry powder.
2. Proper inhalation requires sufficiently powerful suction during inhalation, which is only possible at an age of 8 years.
3. Check the dose counter to see that there are still enough doses left.
4. To open, hold the Diskus with one hand and press the thumb grip around until it clicks. Hold the inhaler horizontal and slide the lever across until it clicks again. The Diskus is now loaded.
5. Hold the Diskus horizontally without tilting, shaking or breathing into it .
6. Turn your face away from the mouthpiece and breathe out completely. Hold the mouthpiece between teeth and lips to form a good seal. Now breathe in as deeply as possible. Remove the Diskus from the mouth and hold your breath for 10 seconds. Turn your head away from the mouthpiece and breathe out.
7. If a second dose is necessary, repeat the process.
8. When you are done, wipe the mouthpiece with a dry cloth or the tip of your T-shirt, and then press the thumb grip back until it clicks, to close.
9. If a cortisone-containing Diskus is used, then mouth-rinse or brushing of the teeth prevents residue in the mouth.
10. For daily use of cortisone-containing preparations, it is helpful to store this equipment near the toothbrush.