



How to Take Medicine from a 'Diskus'

- Open the diskus and push down the small button until you hear it 'click'.
 - Make sure your child breathes out all of the air in his/her lungs.
 - Have your child put the diskus in his/her mouth.
 - Make sure your child takes a BIG, DEEP, SLOW breath in.
 - Have your child hold his/her breath for 10 seconds.
 - Make sure your child rinses his/her mouth out with water after taking medicine from a diskus.
- **Take your time! The more slowly and deeply your child breathes in, the more medicine gets to the places it needs to go.**