





HOW TO USE YOUR DISKUS



- 1. Stand up.
- Hold the Diskus flat like a hamburger.
 Put your thumb in the holder and push away until it clicks to uncover the mouthpiece.



4. Put the Diskus in your mouth keeping it flat like a hamburger.
Take a BIG, DEEP, FAST breath in.



3. Slide the lever back until it clicks.

Remember to keep your Diskus flat like a hamburger.



Take the Diskus out of your mouth and hold your breath.Count to 10 slowly.



6. Close the Diskus to cover the mouthpiece.
Breathe out slowly, like cooling soup on a spoon.



Breathe ALL the air out of your lungs.



Rinse mouth out with water and gargle.Do not swallow.

Store your Diskus in a cool, dry place.

Do not shake your Diskus.

Do not get your Diskus wet.

Do not blow into your Diskus.