

How to Use Your Diskus



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



5. 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.



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



4. Breathe **ALL** the air out of your lungs.



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

Remember:

- 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



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