



Diskus™ Inhalers



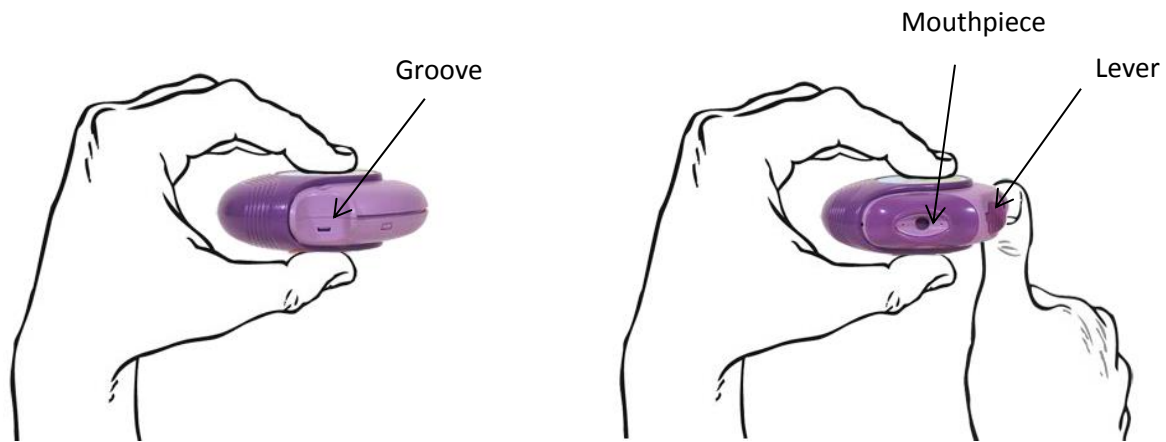
Select your medication and dose:

- Advair 100/50mcg™ (Fluticasone/Salmeterol) [purple inhaler with dose in green]
- Advair 250/50mcg™ (Fluticasone/Salmeterol) [purple inhaler with dose in yellow]
- Advair 500/50mcg™ (Fluticasone/Salmeterol) [purple inhaler with dose in red]
- Serevent 50mcg™ (Salmeterol) [green inhaler]

This guide will teach you how to use your inhaler.

Follow these steps before you use your inhaler for the first time:

1. Open the box and remove the inhaler from the packet.
2. On the space provided on the inhaler's label, write today's date. Below that, write the date for 4 weeks in the future for Advair™ or 6 weeks in the future for Serevent™. The inhaler must be thrown out after 4 weeks for Advair™ or 6 weeks for Serevent™ once opened.
3. Notice the small number to the right of the sticker you just wrote on. This will show you how many doses remain.
4. Open the inhaler by holding it your left hand like a sandwich, as shown in the picture on the next page. Hold tightly.
5. Place your thumb in the groove and push away until it clicks. Notice the mouthpiece and the lever.
6. Now the inhaler is open and ready for you to take your dose. You should still be holding the inhaler like a sandwich.



When you are ready to take a dose, please follow these instructions:

1. Make sure that the counter does not say “0.” If it does, your inhaler is empty. Throw it away and get a new one.
2. Breathe out releasing as much air from your lungs as you can. Never blow out into the inhaler.
3. Push the lever backward with your thumb.
4. Put the mouthpiece into your mouth and breathe in through your mouth **quickly and deeply.**
5. Take the inhaler out of your mouth.
6. Hold your breath for 5-10 seconds.
7. Breathe out, away from the inhaler mouthpiece. You are now done taking your dose.
8. Close the inhaler using the thumb groove. DO NOT touch the lever again today. Closing the inhaler will get it ready for the next dose.
9. Rinse your mouth with water and spit to prevent infection in your mouth.

Important Notes:

- You do not need to clean your inhaler. If you wish to clean it, wipe the outside of the mouthpiece with a dry tissue.
- Never get your inhaler wet. Store your inhaler in a cool, dry, and dark place, such as a drawer in your bedroom or kitchen; do NOT store your inhaler in the bathroom. Keep away from children and pets.