

Advair™ Diskus™ (Fluticasone/Salmeterol)



Select your dose:

100/50mcg

250/50mcg

500/50mcg

This guide will teach you how to use your inhaler.

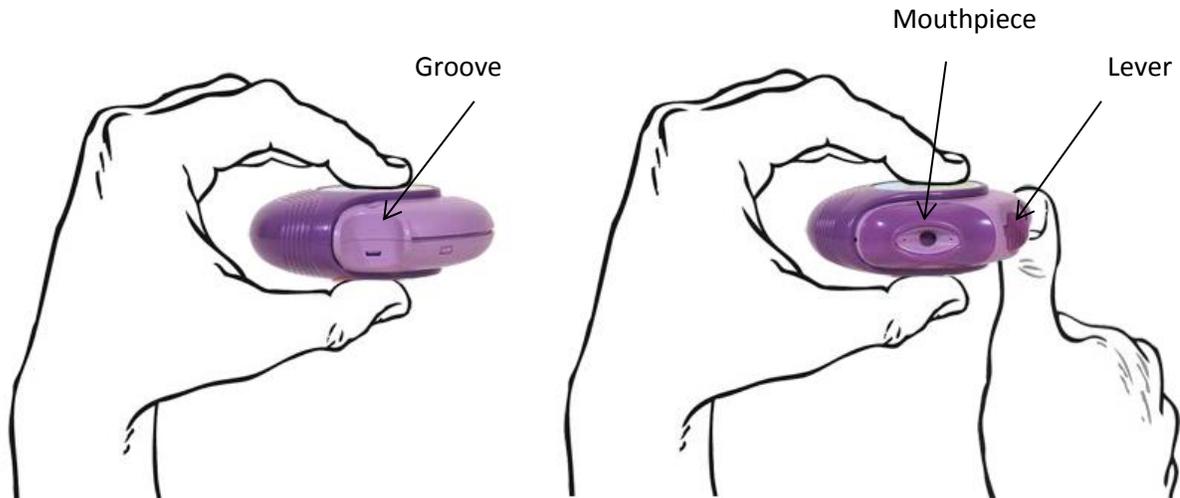
Follow these steps before you use your inhaler for the first time:

1. Open the box and remove the purple 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. (example: if today's date is August 12, 2015 write September 12, 2015 for your expiration date)
The inhaler must be thrown out one month after you open it.
3. Notice the small number to the right of the sticker you just wrote on. This will show you how many doses remain.

How to open the inhaler:

1. Hold the inhaler in your left hand like a sandwich, as shown in the picture. Hold tightly.
2. Place your thumb in the groove and push away until it clicks. Notice the mouthpiece and the lever.

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. Breathe out as much air as possible. Never blow air into the inhaler.
2. Push the lever backward with your thumb.
3. Put the mouthpiece into your mouth and breathe in through your mouth **quickly and deeply**.
4. Take the inhaler out of your mouth.
5. Hold your breath for 5-10 seconds.
6. Breathe out away from the inhaler. You are now done taking your dose.
7. 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.
8. Rinse your mouth with water and spit to prevent infection in your mouth.

Important Notes:

- To clean the inhaler, rub the mouthpiece with a dry tissue. Never get the inhaler wet.
- Store your inhaler in a cool, dry, and dark place, such as a drawer in your bedroom or kitchen. Keep it away from children and pets; do NOT store your inhaler in the bathroom.