

How to Use a Diskus® Inhaler

Inhalers are a common treatment for managing asthma. Below are directions on how to use a Diskus® inhaler. The care team will tell you how often your child should use their Diskus® inhaler.

HOW TO USE THE DISKUS® INHALER

1. Open the Diskus® inhaler.



2. Slide the lever until you hear a click.



3. Have your child breathe out normally while holding the inhaler away from their mouth.



4. Place the mouthpiece of the inhaler in your child's mouth. Have your child create a tight seal with their lips around the mouthpiece.



5. Keep the inhaler level. Have your child breathe in the medication with a quick, but steady deep breath.



6. Remove the inhaler from your child's mouth. Have your child hold their breath for 8-10 seconds.



7. Have your child take a normal breath out with their mouth away from the inhaler. Have your child rinse out their mouth after using the inhaler.



8. Check the dose counter on the side of the inhaler to see how many doses are left. Replace when needed.



9. Store the inhaler in a cool, dry place away from other family members and pets.



Rev. 4/2019. MassGeneral Hospital for Children and Massachusetts General Hospital do not endorse any of the brands listed on this handout. This handout is intended to provide health information so that you can be better informed. It is not a substitute for medical advice and should not be used to treatment of any medical conditions.

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