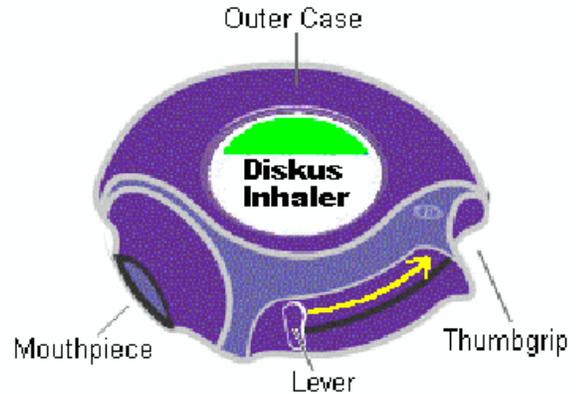


Using a DISKUS[®] Inhaler¹

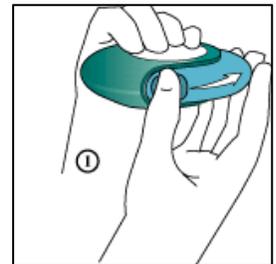
This is your long-term controller medicine. It works every day to keep breathing easy and keep asthma attacks from starting. This medicine keeps swelling from starting and getting bad. It is safe to take every day. When you take it every day, the airways are not so sensitive to the things that start attacks. This means you will have fewer attacks.

To use a DISKUS inhaler, follow the steps below. You can take a dose from the DISKUS with four simple steps: open, click, and inhale. If you have questions, ask your doctor or pharmacist.



1. Open

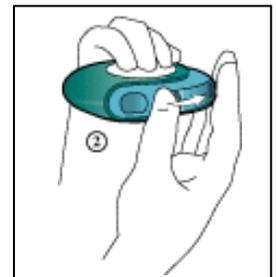
Hold the DISKUS in one hand. Put the thumb of your other hand on the thumbgrip. Push your thumb away from you as far as it will go until the mouthpiece appears and snaps into place.



2. Click

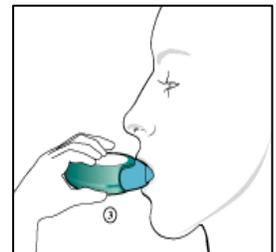
Hold the DISKUS in a level position right-side up. The mouthpiece should be toward you. Slide the lever away from you as far as it will go until it clicks. The DISKUS is now ready to use. Every time the lever is pushed back, a dose is ready to inhale. This is shown by the dose counter. To avoid releasing or wasting doses by mistake:

- Do not close the device.
- Do not play with the lever.
- Do not slide the lever more than once



3. Inhale

Breathe out as far as is comfortable. Hold the DISKUS level and away from your mouth. Now, put the mouthpiece to your lips. Take a short/quick breathe through the DISKUS, not through your nose. Then remove the DISKUS from your mouth. Never breathe out into the DISKUS mouthpiece. Hold your breath for about 10 seconds, or for as long as is comfortable. Breathe out slowly.



When you are finished taking the dose, CLOSE the DISKUS by putting your thumb on the thumbgrip and sliding it back toward you as far as it will go. The DISKUS will click shut. The lever will return to its original position and reset. The DISKUS is now ready for your next scheduled dose.

4. Rinse

Gargle and rinse your mouth out with water after using your DISKUS. This will help prevent dryness and relieve throat irritation that your DISKUS may cause. It will also prevent mouth infections. Do not swallow the water you use to gargle.

¹ Adapted from the demonstration on www.Advair.com.