



Using a Dry Powder Inhaler (DPI or Diskus®)

Dry powder inhalers (DPIs) are a type of long-term controller medicine. This type of medicine can be prescribed to help reduce the frequency of asthma symptoms. It works slowly to reduce swelling in the airways, which is an underlying cause of asthma symptoms.

Directions on how to use your dry powder inhaler:

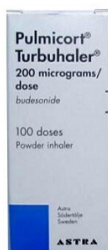
1. Remove all candy, food, or gum from your mouth
2. Stand up straight
3. Hold the inhaler level to the floor
4. Open the inhaler with the mouthpiece facing you
5. Slide the lever away from you until you hear it click. This means the medicine has been released. Be careful not to tip the inhaler or slide the lever again; the medicine will fall out and it will be wasted
6. Take a deep breath in and breathe out
7. Place the inhaler in your mouth, seal your lips tightly around it and take a quick, deep breath in
8. Hold your breath for 10 seconds, and then breathe out
9. Rinse your mouth with water and spit water out

Helpful tips for use:

Because this medicine is a dry powder, moisture can ruin the medicine and cause it to clump.

- When preparing to take a dry powder inhaler, be sure not to breathe into the inhaler
- Do not store in the bathroom

Examples of common Dry Powder Inhalers:



Pulmicort®



Advair®