



CHU Sainte-Justine
Le centre hospitalier
universitaire mère-enfant

Pour l'amour des enfants

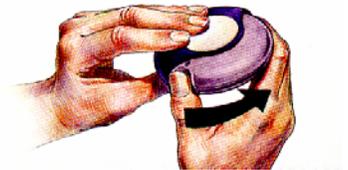
Université 
de Montréal

INSTRUCTIONS FOR ASTHMATIC CHILDREN OR ADOLESCENTS AND THEIR FAMILIES

INHALATION TECHNIQUE – DISKUS[®]

Position : Standing or sitting, head erect.

1. Hold the DISKUS[®] in one hand and place the thumb of your other hand on the thumb grip.
2. Push the thumb grip away from you until it clicks into place. Always hold the DISKUS[®] in a horizontal position.
3. Slide the lever away from you as far as it will go, until you hear a second click.
4. **Hold the DISKUS[®] away from your mouth and breathe out as far as is comfortable.**
5. Place the mouthpiece gently in your mouth and close your lips around it.
6. **Breathe in quickly and deeply through the Diskus[®], not through your nose.**
7. Remove the DISKUS[®] from your mouth, hold your breath for about 10 seconds, then breathe out slowly.
8. After use, put your thumb on the thumb grip, and slide it back towards you until you hear a click. The lever automatically returns to its original position, it is reset and ready to use again.
9. For each prescribed inhalation, repeat steps 1 to 8.
10. We recommend meticulous oral hygiene after inhaling a corticosteroid (ex.: Flovent, Advair). **Rinsing out the mouth** is beneficial. **Brushing the teeth** should be considered after inhaling these medicines. These measures cut down the risk of developing oral thrush (Candida albicans).



MAINTENANCE:

11. Never wash the Diskus. Regularly clean the mouthpiece of the DISKUS[®] with a dry cloth.
12. Keep the Diskus in a dry place.

DISTINCTIVE FEATURES:

- Verify the number of doses remaining on the lever of the DISKUS[®]. **The last five (5) doses appear in red.**
- Verify the expiration date written on the DISKUS[®], replace if expired.

FOR FURTHER INFORMATION

- Centre d'enseignement sur l'asthme (CEA) du CHU Sainte-Justine
(Asthma Education Center)
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