

Name patient:.....  
Date:.....  
Name of the instructor: .....

## Inhalation protocol Diskus® (also known as Accuhaler®)

### Patient information

1. Discuss the purpose and the mode of action of the medication.

### Preparation

2. The mouth must be empty  
 3. Keep the Diskus® horizontal, with the counter facing up.  
 4. Just before using the Diskus®, open it by pushing the thumb grip all the way over until you hear a 'click', then slide the lever down until you hear another 'click'.  
 5. The Diskus® is now ready for use. Do not tilt or shake the device once primed.

### Inhalation

6. Sit or stand up straight with your head slightly backwards.  
 **7. Exhale slowly and completely, not into the Diskus®.**  
 8. Bring the Diskus® horizontally towards the mouth.  
 9. Put the mouthpiece between teeth and close lips to form a good seal.  
 **10. Inhale as deeply as possible with steady, moderate force.**  
 11. Hold breath for 10 seconds or as long as comfortable. Meanwhile remove the Diskus® from the mouth.  
 12. Exhale slowly, not into the Diskus®.  
 13. Close the Diskus® by sliding the thumb grip back toward you until you hear a 'click'.  
 14. If an extra dose is prescribed, repeat steps 4 to 13.  
 15. After inhaling corticosteroids, rinse your mouth briefly with water: gargle and spit with the first mouthful then swallow the second mouthful. If needed eat or drink something.

### Cleaning

16. Clean the mouthpiece with a dry tissue, never rinse it with water.

### Important points

17. The Diskus® contains 60 doses, the counter indicates the remaining number of doses.  
 18. Keep the Diskus® at room temperature (not in the bathroom or kitchen).

### Finally

19. Have a look at an instructional film which shows these steps in action.