

# Using a DPI ( Dry Powder Inhaler)

A dry-powder inhaler (DPI) is a device that delivers medication to the lungs in the form of a dry powder. DPI's do not contain any other ingredients other than the medication. This medication should never be used as a rescue medication.

Advair, Flovent and Serevent are some of the DPI diskus asthma medications most commonly used. Advair is a combination medication containing an inhaled corticosteroid and a long acting reliever medication.

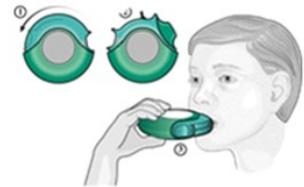
## Preparing the Diskus:

- Hold the Diskus in your left hand. Place the thumb of your right hand in the thumb grip. Push your thumb as far away from you as it will go. This action opens the Diskus to expose the lever underneath.
- Slide the lever away from you until it clicks. This action loads the dose of medication. You will see the dose counter decrease by one.

## Inhaling the Medication:

Once you have your DPI loaded, follow these steps to inhale the medication:

- Turn your head away from the Diskus and breathe out as much air as you comfortably can.
- Place the Diskus mouthpiece in your mouth and breathe in strong and steady but not too fast, and fill your lungs completely.
- Hold your breath for up to 10 seconds.
- Remove the Diskus from your mouth and exhale slowly.
- Close the Diskus by placing your thumb in the thumb grip and sliding the grip back toward you, as far as it will go. This action resets the inhaler so it is ready to use for the next treatment.



## How do I care for my DPI?

- Keep your dry powder inhaler in a dry place at room temperature.
- Never place the DPI in water.
- Never shake or breathe into the DPI.
- Never use a spacer device with your DPI.
- When taking dry powder inhalers, you may not taste, smell, or feel the dry powder. This experience may be different from what you are used to. As long as you are following the directions, you will get your full dose of medication.
- Gargle, rinse and spit after using the DPI. Do not swallow.