

Family Education Sheet



Boston Children's Hospital
Until every child is well™

How to Use a DISKUS® (ADVAIR® or FLOVENT®)

DISKUS® inhalers, such as ADVAIR® and FLOVENT®, are dry powder steroid medicines that reduce the swelling (also called inflammation) in the lungs. They are used daily to prevent asthma symptoms. Follow the steps below to learn how to use a DISKUS® inhaler. DISKUS® inhalers come in different strengths of medicine.

- ADVAIR®: 100/50, 250/50 and 500/50
- FLOVENT®: 50, 100 and 250

Which strength inhaler do you have?



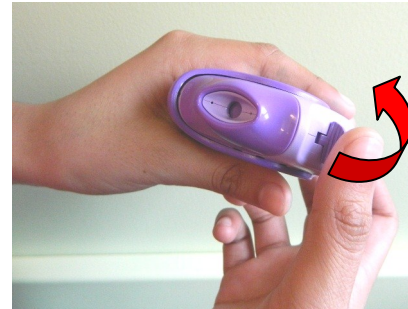
Important Note: Take only 1 puff from your DISKUS® inhaler each time that you use it.



1. Wash hands.



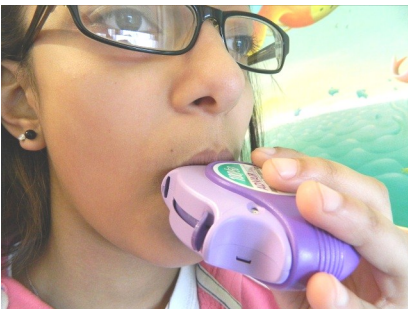
2. Put thumb in grip and push away from you.



3. Push lever away from you until it clicks.



4. Hold inhaler under chin. Breathe out.



5. Put lips around mouthpiece. Breathe in quickly and deeply.



6. Try to hold breath for 10 seconds. Use your fingers to count the seconds!



7. Put thumb in grip and move back toward you to close.



8. Rinse mouth with water. Spit.