



## Children's Respiratory Department

# Diskus



**THE ADELAIDE & MEATH  
HOSPITAL, DUBLIN**  
INCORPORATING THE NATIONAL CHILDRENS  
HOSPITAL

## Patient Information Leaflet

### The Children's Respiratory Team

Mary McDonald :  
Advanced Nurse  
Practitioner Candidate

Catherine Carrig :  
Clinical Nurse Specialist

Mary Devitt :  
Clinical Nurse Specialist

01 4142000 bleep 7302 or 2945  
01 4144246 / 01 4144751  
(Monday- Friday)

#### For appointments contact

**01 4142409/4142410**

For further information on asthma  
and demonstration of inhaler  
devices

log onto [www.asthmasociety.ie](http://www.asthmasociety.ie)

or contact

asthmaline 1850 44 54 64

E-mail address :

[office@asthmasociety.ie](mailto:office@asthmasociety.ie)

### Medications

..... is the blue  
inhaler known as the **reliever**.

One inhalation of the blue inhaler can  
be taken up to four times a day if  
needed.

It should work within five minutes  
and last up to four hours.

It can be given up to four times a day

..... is the .....  
inhaler known as the **preventer**.

It is an anti-inflammatory medication  
and contains a steroid.

It must be taken everyday to prevent  
inflammation in the lungs.

Rinse your mouth after using the  
preventer to prevent hoarseness or  
oral thrush

**When using the two inhalers always  
use the reliever (blue inhaler) first**

## USE OF DISKUS

1. Open the diskus by holding outer casing in one hand whilst pushing the thumb grip away until a click is heard.
2. Hold the diskus with the mouthpiece towards you and slide the lever away until it clicks. The dose is now ready for inhalation .
3. Hold the diskus level. Breathe out gently away from device.Do not breathe into device.
4. Put mouthpiece to your lips. Breathe in steadily and deeply. Remove the diskus from your lips and hold your breath for about 10 seconds.
5. Breathe out slowly.
6. To close,slide the thumbgrip back towards you as far as it will go until it clicks.
7. For a second dose repeat these steps.

## CLEANING AND STORAGE

- 1.Wipe the mouthpiece of diskus with dry tissue to clean it.
- 2.Do not wash the diskus.
- 3.Only a primed dose is susceptible to damp
4. Protect from direct light and heat.

## OTHER FEATURES

1. Each dose is individually sealed within a foil strip.
2. Dose indicator counts down from 60 to 0.
3. Last 5 numbers are red.
4. 0 indicates diskus is empty.
5. Contains lactose carrier so will taste sweet.

**NOTE :**Please see manufacturers information leaflet for further information