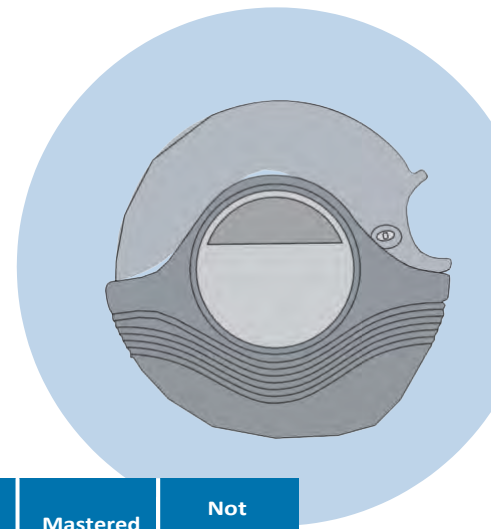


USE OF THE DISKUS[®]



Drug: _____
 Indication (maintenance or rescue or maintenance+rescue): _____
 Number of inhalations: _____ Number of times per day: _____
 Other information: _____



		Mastered	Not mastered
1	Prepare the device by holding it horizontally with one hand: a. Place the thumb of the other hand in the notch b. Push the housing as far back as possible until it clicks c. Repeat the same movement with the lever until it clicks		
2	Breathe out normally next to the device, emptying the lungs without forcing		
3	Place the tip of the device between the lips and teeth: a. Teeth must not block the mouthpiece		
4	Breathe in through the mouth regularly and deeply		
5	Move the device away from the mouth		
6	Take a break: hold your breath for 5 to 10 seconds		
7	Breathe out through the nose		
8	Repeat steps 2-9 for each prescribed inhalation		
9	Close the device by placing your thumb in the notch and pull the swivel housing forward until it clicks: a. The lever will automatically return to its place		

REMARKS

To limit the adverse effects of the medication, rinse your mouth with water (do not swallow the water).

MAINTENANCE: _____

HOW TO KNOW IF IT IS EMPTY: _____



RQESR

RÉSEAU QUÉBÉCOIS D'ÉDUCATION
 EN SANTÉ RESPIRATOIRE

La référence des professionnels