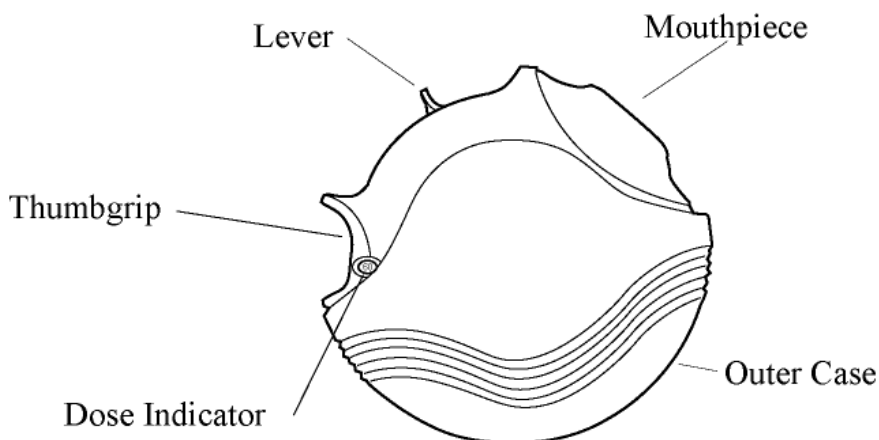


# Discus Dry Powder Inhaler (DPI)

Dry powder inhalers (DPI) are filled with powdered medicine that is inhaled into the lungs. For the discus DPI, the powder comes in a pre-filled holder that is punctured before inhaling. You must inhale deeply to pull the medicine out of the holder and deep into your lungs.

Inhaled medicine is a good way to take medicine because it can begin working in the lungs right away. There are fewer side effects with inhaled medicine compared to pills or liquid forms of medicine.



## Steps for use

1. Hold the discus flat like holding a sandwich or hamburger.
2. Slide the cover open using your thumb.
3. Tilt your chin up slightly and breathe out.
4. Press down on the lever until it clicks.
5. Place your lips around the discus mouth piece and inhale deeply.
6. Hold your breath for 10 seconds.
7. Close the discus until your next dose.
8. If the medicine is a steroid, rinse your mouth with water and spit the water out.



## Care of your inhaler

- Do not place the discus in water.
- Wipe the mouthpiece off with a dry tissue or cloth if needed.
- Keep the discus at room temperature.

### **How long will the inhaler last until I need a new one?**

- A small window on the discus shows the number of doses left in the discus.
- Discard 1-2 months after the discus is removed from the foil package.

### **Other key points**

- Bring your inhaler to your appointments so you can demonstrate how you are using the inhaler.
- Talk to your doctor or nurse if you are having problems using your inhaler.
- If you have more than one inhaler medicine, talk to your doctor or nurse about which to use first.
- Check the expiration date and do not use the medicine after it expires.
- Be sure you have a refill before your inhaler runs out.

**If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: [health-info@osu.edu](mailto:health-info@osu.edu).**

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