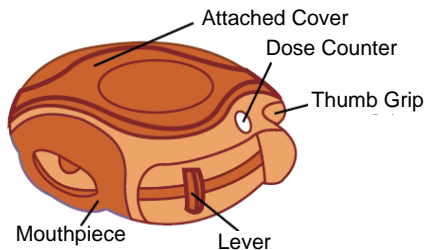
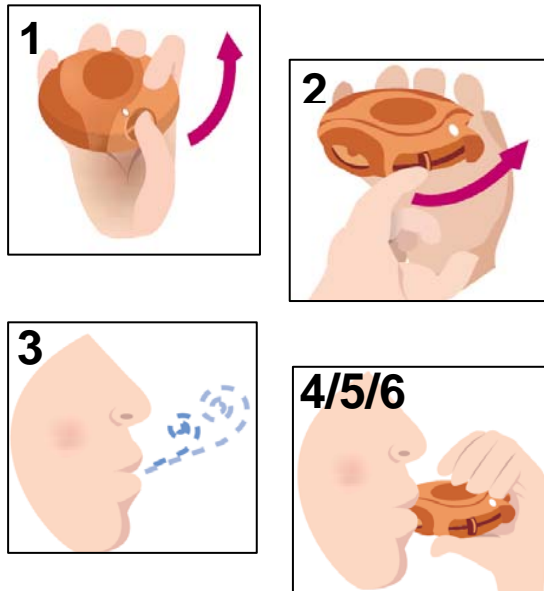




Using your Diskus[®] (e.g., fluticasone/salmeterol, Advair[®]): Steps 1 to 10



1. Place your thumb on the thumb grip and push the thumb grip until it clicks into place and the mouthpiece appears.
2. Hold the Diskus[®] horizontal and upright (through step #6). Slide the lever away from you until it clicks.
3. **Breathe OUT normally** and away from the Diskus[®]. Don't breathe in until step #5.
4. Put the Diskus[®] in your mouth with lips tight around the mouthpiece. **Keep Diskus[®] horizontal.**
5. **Breathe IN quickly** to fill your lungs full of medicine.
6. **Hold your breath for 5 to 10 seconds** and then take the Diskus[®] out of your mouth. We want to keep your lungs filled with medicine for 5 to 10 seconds.
7. **Breathe normally.**
8. Close the Diskus[®] by placing your thumb in the thumb grip and clicking it closed.
9. Store in a cool, dry place. If moisture and steam get into the Diskus[®] you may not get enough medicine.
10. Gargle your mouth and throat with water to reduce the risk of side effects.