

ADVAIR DISKUS

What is Advair Diskus?

- Advair is a **maintenance inhaler**
- It is used daily to help **prevent** your breathing from worsening



How does it work?

- Reduce inflammation to open up the lungs
- It is long-acting and should be used on a daily basis
- It is **NOT** to be used as a rescue inhaler to relieve flare-ups

Storage:

- Advair Diskus must be thrown out **one month** after removing from foil pouch **even if some medicine is left, or** once the dose reader reaches zero (at this point, no medicine is left)

How to clean your inhaler:

- Wipe mouthpiece with dry cloth as needed
- DO NOT immerse your inhaler in water (your medicine is a powder)

How to use your Diskus:

3 MAIN STEPS:

- A. Breathe out away from the inhaler
- B. Take a quick deep breath in
- C. Hold your breath for 10 seconds or what is comfortable



STEP 1: Hold the inhaler horizontal in one hand and place your thumb in thumb grip in other hand.

STEP 2: With your thumb on the thumb piece, push your thumb away from you until you hear a click. This reveals the mouthpiece.

STEP 3: Hold the diskus level at your mouth as shown with mouthpiece facing you.

STEP 4: Press the lever back until you hear a second click. This prepares the medication dose inside the inhaler. Do not tip your inhaler!

STEP 5: Take a deep breath in and **breathe out fully away from the inhaler**. Do not breathe into your inhaler (remember, your medicine is a powder).

STEP 6: Place the diskus to your mouth and form a seal with your lips around the mouthpiece. Take a **quick, deep breath in**.

STEP 7: Remove the diskus from your mouth. **Hold your breath for about 10 seconds**, or however long is comfortable.

STEP 8: Slide the thumb piece back to cover the mouthpiece. You have successfully used your inhaler.

STEP 9: Rinse your mouth with water and spit to prevent mouth/throat infections.

NOTE: there is a **dose counter** that will alarm you when you are running out of medicine (number will turn **red**). At this point, call your pharmacy for a refill

What if I can't afford my Advair Diskus?

1. *Copay card*

- Website: <http://www.advair.com/savings-and-offers.html> (cannot use if Medicare, Medicaid, federal employee)
- Phone number: 1-888-825-5249

2. *Medicare extra help:*

- Website: <https://www.ssa.gov/medicare/prescriptionhelp/>
- Phone number: 1-800-MEDICARE (1-800-633-4227; TTY 1-877-486-2048)

3. *Federal patient assistance via drug company*

- Website: <http://www.gskforyou.com/patient-assistance-programs/gsk-access.html>
- Phone number: 1-866-518-4357
- NOTE: to qualify, will need to meet income requirements, out of pocket expenses, etc.

4. *State patient assistance:*

- Website: <https://www.medicare.gov/pharmaceutical-assistance-program/state-programs.aspx>
- Phone number: (401) 462-3000 or (401) 462-0740

5. *Discount drug programs:* GoodRx, LowestMeds, NeedyRx, America's Drug Card, etc.

- Please talk w/ your office pharmacist for more information

When should I call my doctor?

1. I am having difficulty or pain while breathing most days of the week
2. I am having difficulty sleeping through the night due to difficulty breathing
3. My worsening in breathing is making it hard for me to work or maintain my daily activities
4. I am using my rescue inhaler more often OR refilling it more often
5. I've needed to use a greater amount of oxygen than normal
6. I have an increase in sputum production if I have COPD
 - Especially in conjunction with a temperature ≥ 100.3 degrees F