IMPORTANT INFORMATION
關於壓縮吸入器

❖ If a bronchodilator (reliever) and a corticosteroid (preventer) inhaler are needed at the same time, bronchodilator should be administered prior to inhaled corticosteroids as this would permit enhanced deposition of an inhaled corticosteroid.

如需同時吸服支氣管舒張劑及抗炎藥，應先吸服舒張劑使支氣管擴張，以助吸收抗炎藥。

❖ If you are using MDI with a Spacer, please refer to our patient information leaflet on "How to Use a Spacer".

如需與吸藥輔助器一起使用，請參考小冊子：「如何使用吸藥輔助器」。

CARE FOR YOUR MDI
清潔壓縮吸入器

❖ To stop your MDI from blocking, it is important to clean it at least once a week.

每星期至少清潔您的壓縮吸入器一次。

❖ To clean your MDI, remove the canister from the plastic holder of the inhaler and remove the mouthpiece cover. Rinse the plastic holder thoroughly using soapy warm water.

清潔前，先把加壓藥罐從塑膠把手移除及打開吸嘴蓋，然後使用不具刺激性的肥皂及溫水用手清洗吸入器的塑膠把手。

❖ Air dry the plastic holder thoroughly inside-out.

讓塑膠把手徹底風乾。

❖ Replace the canister into the plastic holder, test it by releasing a single puff into the air and put on mouthpiece cover.

把加壓藥罐放入塑膠把手，對空按下，以測試吸入器，然後蓋回吸嘴蓋。

❖ DO NOT put the metal canister in water.

切勿將加壓藥罐放進水中。

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HOW TO USE
METERED DOSE INHALER (MDI)
如 何 使 用
壓 縮 吸 入 器

matilda
International Hospital
明 德 國 際 醫 院

08/2018

METERED DOSE INHALER (MDI)
壓縮吸入器

Canister
加壓藥罐

Plastic holder
塑膠把手

Mouthpiece
吸嘴

PRIMING FOR FIRST-TIME USE
首次使用: 預充壓縮吸入器

❶ Remove the cap from the MDI and shake the inhaler.
打開吸嘴蓋並搖勻。

❷ Spray a few puffs* into the air, away from you.
遠離自己,對空按下藥罐,試噴幾次*。

* The number of puffs needed to prime your MDI varies between preparations, so it is important to read the priming instructions that come with your medication.

個別產品「預充」指示或有不同,請參考盒內說明單張。

TO USE AN MDI
壓縮吸入器使用方法

❶ Remove the cap from the MDI. Hold the inhaler upright and shake well.
打開吸嘴蓋。吸入器較長的管道向上,搖勻吸入器。

❷ Breathe out as far as comfortable.
用口呼出所有空氣。

❸ Place the mouthpiece of the inhaler between your teeth and seal your lips tightly around it.
將吸嘴置於牙齒之間,閉上嘴唇將吸嘴完全覆蓋著。

❹ As you start to breathe in slowly, fully press down on the canister once. Keep breathing in as slowly and deeply as you can. (It should take about 5 seconds to breathe in.)
用口緩緩地吸氣,同時按下藥罐,直到無法再吸入為止。
(吸氣應維持約五秒)

❺ Remove the MDI from your mouth. Hold your breath for as long as comfortable (around 10 seconds) to allow the medication to reach the airways of the lungs.
放下吸入器。盡量屏住呼吸(約十秒),令藥物有足夠時間停留在肺部發揮效用。

❻ Breathe out slowly.
用口緩緩呼氣。

❼ Repeat the above steps for each puff ordered by your doctor. Wait about 30 to 60 seconds between puffs.
若需要使用多於一個劑量,應隔30至60秒然後重覆以上步驟。

❽ Replace the cap on the MDI when finished.
用後蓋回吸嘴蓋。

❾ If you are using a corticosteroid MDI, you MUST rinse or gargle your mouth using water or mouthwash and split out after each use.
吸服類固醇後應用清水或漱口水漱口,以減少藥物停留在口腔內所引致的副作用。