

使用壓縮吸入器時的常見錯誤 Common mistakes when using Metered-Dose Inhalers

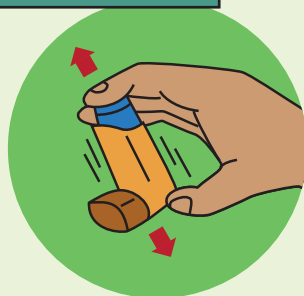
錯誤 Mistakes	後果 Consequences
使用前沒有搖勻吸入器 Not shaking your inhaler before use	吸入器未能釋出足夠的藥物 Insufficient amount of medication is released from the inhaler
使用時沒有把吸入器較長的管道向上 Not holding the inhaler in upright position during use	吸入器未能釋出足夠的藥物 Insufficient amount of medication is released from the inhaler
使用時吸咀被牙齒或舌頭阻擋 The mouthpiece is blocked by teeth or tongue during use	未能有足夠的藥物抵達肺部 Insufficient amount of medication is inhaled into the lungs
沒有在按下藥筒同時用口慢慢地深吸氣到盡為止 Not breathing in steadily and deeply when pressing down the top of the inhaler	
吸藥後沒有屏住呼吸一會(大概10秒) Not holding the breath (for about 10 seconds) after inhalation	藥物沒有足夠時間停留在肺部發揮應有效用 Insufficient time is allow for the medication to exert their therapeutic effect in the lungs



壓縮吸入器 使用方法 How to Use Metered-Dose Inhalers

注意 Note

- 金屬藥筒須置於吸入器內，不應分開存放。
Canister shall always be installed into the inhaler. Do not keep them separate.
- 放置在陰涼乾爽處，遠離高溫的地方及避免給太陽直接照射。
Placed in a cool, dry place, away from high temperature and avoid exposure to direct sunlight.
- 金屬藥筒內含有壓縮氣體，切勿戳破或加熱，以免發生危險。
Canister contains compressed gas. Never puncture or heat the inhaler in order to avoid any danger.
- 放在小孩子拿不到的地方。
Keep out of reach of children.
- 切勿將自己的藥物給予他人使用，以免引起不良後果。
Do not give your inhaler to others in order to avoid any adverse consequences.
- 此藥物指引只供參考之用。
This information leaflet is for reference only.
- 用藥應按照醫生指示。
Medicines should be used as directed by the doctor.
- 如有疑問，請向主診醫生或藥劑師查詢。
For enquiry, please consult your doctor or pharmacist.



壓縮吸入器

使用方法

How to Use

Metered-Dose Inhalers

Canister
金屬藥筒



Mouthpiece
吸咀

如何使用壓縮吸入器

How to use Metered-Dose Inhalers

1. 移去吸入器的保護蓋，並將吸入器搖勻。
Remove the cover from the mouthpiece and shake the inhaler vigorously.
2. 垂直握著吸入器，吸入器較長的管道向上。
Hold the inhaler in upright position with the mouthpiece down.
3. 用口慢慢呼氣，將肺部內的空氣盡量呼出，切勿對著吸咀呼氣。
Breathe out gently and slowly away from the inhaler until your lungs feel empty.
4. 將吸咀放入口中，並合上口唇將其完全罩着。按下藥筒的同時，開始用口慢慢地深吸氣到盡為止。
Place the mouthpiece in the mouth and close your lips around it. Just after starting to breathe in through your mouth, press the inhaler firmly to release the drug and continue to breathe in slowly and deeply.
5. 屏住呼吸十秒，或盡最長的時間，然後才緩慢地呼氣。
Hold the breath for 10 seconds, or as long as is comfortable, before breathing out slowly.
6. 倘若需再多吸一劑，便應等待至少三十秒後才重覆上述的步驟。
If you are to take a second inhalation, you should wait at least 30 seconds before repeating above steps.
7. 用後將吸入器蓋好。
Replace the cover on the mouthpiece after use.
8. 若是使用吸入性類固醇製劑，吸藥後必需用清水漱口，請勿把水吞服。
Rinse your mouth with water after using the steroid-containing inhaler. Do not swallow.

如何清洗壓縮吸入器

How to clean your inhalers

1. 首先將吸入器的保護蓋及金屬藥筒拿走。千萬不要將金屬藥筒直接放進水中。
To clean your inhaler, first remove the mouthpiece cap and canister from plastic mouthpiece. Do not put the canister into water.
2. 將塑膠吸入器及其保護蓋以溫水沖洗最少30秒。
Rinse the plastic mouthpiece and mouthpiece cap with warm running water for at least 30 seconds.
3. 搖晃數遍以去除剩餘水份並將其置於通爽處風乾，但不要加熱。風乾後將金屬藥筒和保護蓋放回便可。
Shake off any excess water and dry the plastic mouthpiece and mouthpiece cap thoroughly but do not use direct heat. Put the canister back in your inhaler and replace the cap.

