

3. A red mark appears in the indicator window when there are a few doses left in Turbuhaler. It is then time for you to get a new Turbuhaler. When you see "0" in the middle of the indicator window, Turbuhaler is empty and it is time to discard your inhaler.

顯示窗出現紅色記號，表示吸入器內只剩下少許的劑量，是時候要準備新的吸入器。如果你看到顯示窗中央出現0字，則吸入器用完，可以棄掉。

如何使用吸入器

How to use Turbuhaler

How to clean your Turbuhaler: 如何清洗吸入器:

Wipe the mouthpiece with a clean dry tissue or towel. Do not clean it with water.

用乾布或紙巾清理吸藥口，切勿用水清洗。

注意 Note:

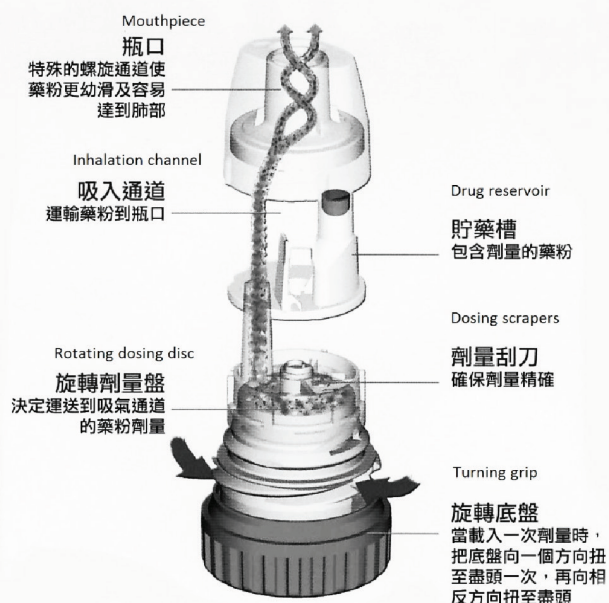
1. Keep the Turbuhaler dry.
保持吸入器乾燥。
2. Never breathe into your Turbuhaler.
不要吹氣入吸入器內。
3. Keep out of reach of children.
放在小孩子拿不到的地方。
4. Do not give your Turbuhaler to others in order to avoid the adverse consequences.
切勿將自己的藥物給予他人服用，以免引起不良後果。

- 此藥物指引只供參考之用。
This information leaflet is for reference only.
- 用藥應按醫生指示。
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.
- 切勿將自己的藥物給予他人服用。
Do not share your medicine with others.



如何準備 新開瓶的吸入器

How to prepare a NEW inhaler for use



Before using Turbuhaler for the first time, you need to prepare the inhaler for use

在使用新開瓶的吸入器前，請依照以下步驟，這些步驟只需於新開瓶時進行。

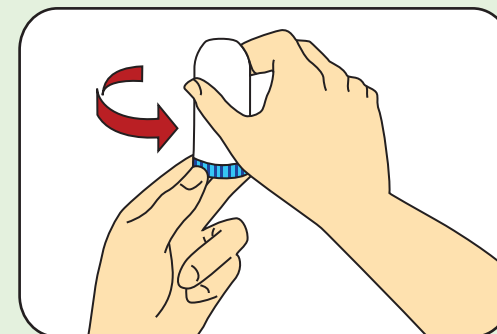
1. Unscrew and lift off the cover.
扭開瓶蓋。
2. Hold the inhaler upright with the turning grip downwards. Turn the grip as far as it will go in one direction and then back again as far as it will go. It does not matter which way you turn first. During this procedure you will hear a "click". Perform the procedure twice.

手握藥瓶，瓶口向上，底座向下。將底座向一個方向扭至盡頭，再向相反方向扭至盡頭，那一個方向先扭動不拘。過程中會聽到“嗒”一聲，再重複這步驟一次。

How to use Turbuhaler 如何使用吸入器

1. Unscrew and lift off the cover.
扭開瓶蓋。
2. Hold the inhaler upright with the turning grip downwards. To load the inhaler with a dose turn the grip as far as it will go in one direction, and then back again as far as it will go. It does not matter which way you turn first. During this procedure you will hear a "click".
手握藥瓶，底座向下。將底座向一個方向扭至盡頭，再向相反方向扭至盡頭，那一個方向先扭動不拘。過程中會聽到“嗒”一聲。
3. Breathe out.
呼氣。
4. Place the mouthpiece gently between your teeth, close your lips and inhale forcefully and deeply through the device.
把瓶口輕放於上下道齒之間，合緊口唇，用口及深深用力吸氣。
5. Remove the inhaler from your mouth, before breathing out.
於呼氣前移開藥瓶。
6. If more than one dose has been prescribed, repeat steps 2 to 5.
如你需要吸入多於一口，重複步驟2至5。

7. Replace the cover by screwing it back on tightly.
蓋上瓶蓋及扭緊。
8. Rinse your mouth with water after using the steroid containing inhaler. Do not swallow.
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。



Dose indicator (劑量顯示窗)

1. The dose indicator tells you approximately how many doses are left in the inhaler.
劑量顯示窗告訴你吸入器內大約剩下多少次的劑量。
2. The dose indicator moves (counts down) very slightly every time you load a dose.
劑量顯示窗於每次使用吸入器時會倒數（每劑之間的移動距離極少，不易察覺）。