

How To Use Your Inhaler:

- (1) **Hold inhaler upright and shake well.**
- (2) **Remove mouthpiece cap.**
- (3) **Tilt head slightly back and breathe out normally.**
- (4) **Place inhaler to 2 inches from open mouth.**
- (5) **Keeping mouth open, press down on canister as you breathe in slowly for 3 to 5 seconds.**
- (6) **Hold breath for 5 to 10 seconds to allow medication to reach the lungs.**
- (7) **If your prescription calls for more than one puff, wait 1 to 3 minutes and repeat steps 3 through 6.**

Note: It is recommended that you use a space chamber with your inhaler. A space chamber is a device that can be attached to your inhaler to ensure that all of the medication reaches your lungs where it is needed. If you do not have a space chamber, ask your doctor to prescribe one.

藥物吸入器使用法:

- (1) 搖勻並把吸入器垂直握住。
- (2) 打開吸嘴的蓋子。
- (3) 頭微微向後仰，正常呼氣。
- (4) 將吸入器放於離口一至二吋的地方。
- (5) 保持口部張開。按噴藥口並同時慢慢吸進噴出的藥物，持續 3—5 秒鐘。
- (6) 然後憋氣 5—10 秒鐘，以使藥物進入肺部。
- (7) 照醫生要求你吸的次數，重覆做步驟 3 至 6。

附註：如果你使用吸入器有困難，請告知醫生開處方安排一個連接管（Space Chamber）。連接管是一個附加的外管，可確保閣下吸入適量的藥物。