



Precautions 注意事項

- ✧ Store in a cool, dry place away from direct heat and light. Do not refrigerate.
把藥物存放在陰涼乾爽的地方，避光保存，不應存放在雪櫃內。
- ✧ The metal canister contains compressed gas. Do not puncture and keep it away from heat to avoid hazard.
金屬筒內含有壓縮氣體，切勿戳穿或加熱，以免發生危險。
- ✧ It should not be stored separately from the plastic holder.
它需安裝於吸入器內，不應分開存放。
- ✧ Use the bronchodilator first if you are prescribed with both bronchodilator and steroid. Rinse your mouth with water and spit it out after using inhaled steroid. This is to reduce side effects caused by residual drug left in the mouth.
如需同時使用支氣管舒張劑及類固醇藥物，應先吸服舒張劑。吸服類固醇後應用清水漱口，以減少藥物殘留在口腔所引致的副作用。

Please scan the QR code for Information & Instructions for Other Medications.

如欲索取其他藥物資料及指引，請掃瞄二維碼。



Disclaimer 免責聲明

The above information provided is for reference only. Please consult your doctor or pharmacy staff for any enquiries.

此資訊只供參考之用。如有任何疑問，請向主診醫生或藥房職員查詢。

Contact 聯絡

Drug information Hotline 藥物查詢熱線: 2339 8964
Website 網頁: www.hkbh.org.hk

Pharmacy Department 2-2023
藥劑部 2-2023



HOW TO USE METERED-DOSE INHALER 壓縮吸入器的使 用方法



Pharmacy Department 藥劑部

Steps on using Metered-dose Inhaler 使用壓縮吸入器的步驟

Follow the below steps for first-time usage or if it has not been used for more than a week:

- ✧ Remove the mouthpiece cover. Hold the inhaler in upright position and shake the inhaler.
- ✧ Release 2 sprays (or refer to specific product insert) into the air, shake well before each spray.

如首次使用吸入器或超過一星期沒有使用過，請跟從以下步驟：

- ✧ 打開吸咀蓋，把吸入器較長的管道向上然後搖勻吸劑。
- ✧ 按下藥筒對空氣噴兩次（或按個別產品說明單張指示）。

1. Remove the cover from the mouthpiece and shake the inhaler before use.

移去吸咀封套，搖勻吸入器。



2. Hold the inhaler upright. Breathe out as far as is comfortable.

吸入器較長的管道向上，用口呼氣。



3. Place the mouthpiece in your mouth between your teeth and close your lips around it. Just after starting to breathe in through your mouth, press down on the canister to release the medication while still breathing in steadily and deeply. 將吸咀置於牙齒之間，合上咀唇將吸咀完全罩著，按下藥筒同時開始用口慢慢深吸氣到盡為止。



4. Remove the inhaler and hold your breath for about 10 seconds before breathing out slowly.

拿開吸入器並屏住呼吸約十秒，然後才緩慢地呼氣。



5. If you need to take more than 1 puff, wait for approximately half a minute and repeat step 3 to 4. 若需要使用多於一個劑量，隔大約半分鐘，然後重複步驟 3 至 4。
6. Replace the mouthpiece cover after use. 用後套回吸咀封套。

If there are any difficulties experienced when using the metered-dose inhaler, discuss with your doctor or pharmacist about the potential use of an aid (i.e. Spacer).

如果在使用壓縮吸入器時遇到任何困難，請與醫生或藥劑師商量使用輔助器。

