



Spacer / Aerochamber

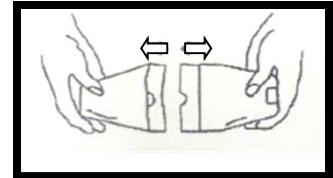
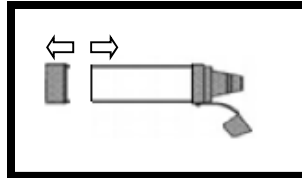
The use of Spacers / Aerochambers will make the medications more effective and reduce wastage.

Cleaning & Preparing of Spacer/Aerochamber for use

Proper cleaning will make the Spacer/ Aerochamber last longer and prevent medication from sticking to the sides.

Step 1

- Take apart the Spacer/ Aerochamber accordingly.

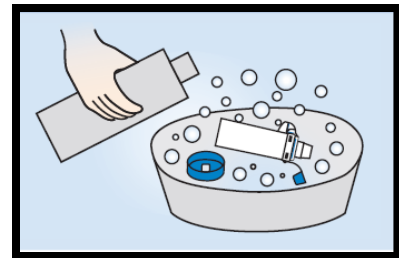


Step 2

- Fill the sink or any big container with water.
- Add **1 drop** of liquid soap or dishwashing detergent.

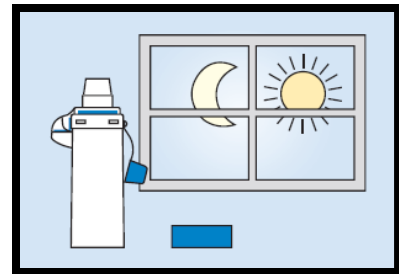
Step 3

- Place all the pieces in the soapy water and gently shake them back and forth.
- Rinse only the **mouthpiece / mask** in clean water
- **Do not** rinse or wipe the **inside** of the Spacer/ Aerochamber.



Step 4

- After cleaning, shake to remove the water.
- Air dry in vertical position.



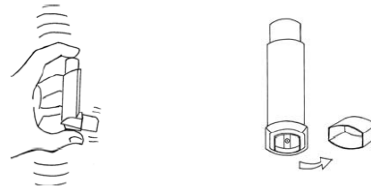
Step 5

- Put all the pieces back together after they are completely dry.
- Your spacer is now ready for use.
- Wash the spacer once a week.

Use of Spacer / Aerochambers

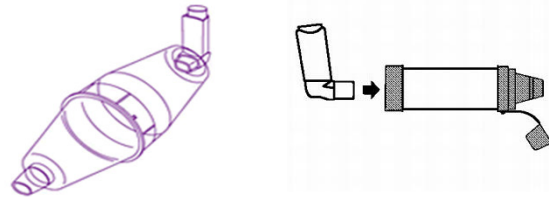
Step 1

- **Shake** the inhaler and remove the cap.



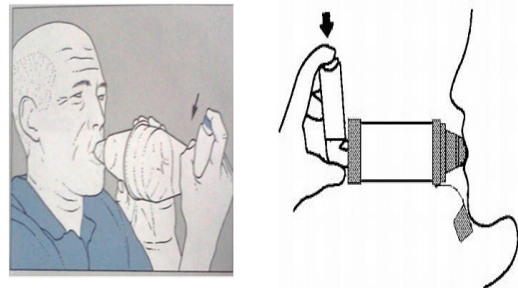
Step 2

- Insert the inhaler into the end of the Spacer/ Aerochamber.



Step 3 (Mouthpiece)

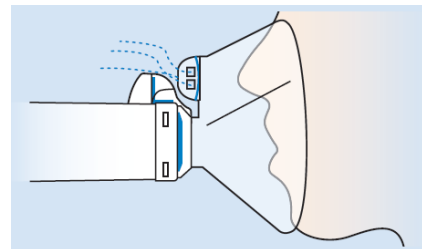
- Place your mouth over the **mouthpiece** and seal lips around, making sure no gap between lips and the mouthpiece.



OR

Step 3 (Mask)

- Place the mask over your mouth and nose and ensure it fits tightly.



Step 4

- Press the inhaler **ONCE** firmly to release medication.
- Inhale normally through the Spacer/ Aerochamber for 5 times.

Step 5

- For the next puff, wait for 1 minute and repeat **Step 4**.



喷雾器

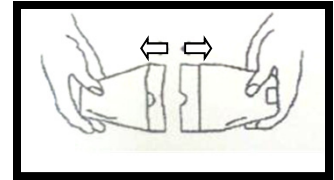
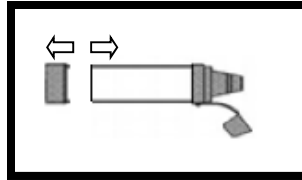
使用喷雾器将提高药物作用以及减少药物浪费。

如何开始使用喷雾器

正确的清洗及处理可以延长喷雾器的寿命和预防药物粘在喷雾器内部。

步骤一

- 把喷雾器依照指示拆开。

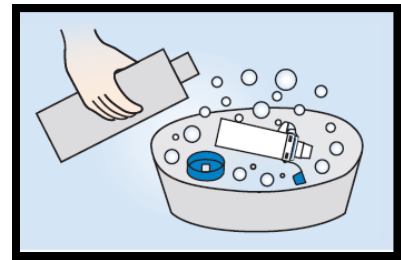


步骤二

- 把水装满在水盆里或大容器盆里。
- 然后，加入一滴液体肥皂或洗碗剂。

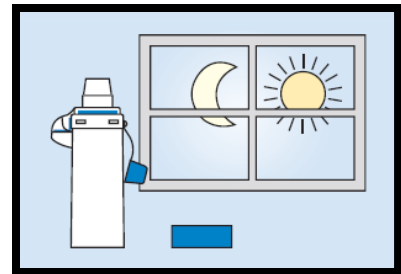
步骤三

- 把全部拆开后的雾化器放置于泡沫盆里，并轻轻地摇晃。
- 清洗后，只用自来水清洗口管处，不可清洗或布擦喷雾器的内部。



步骤四

- 清洗后，把剩余的水份沥干。
- 接着把它垂直摆放，让它自然风干。



步骤五

- 当它完全风干后，把所有的主件重新组织在一起。
- 现在可以使用雾化器了。
- 每个星期重复以上清洗的步骤。

如何正确使用喷雾器

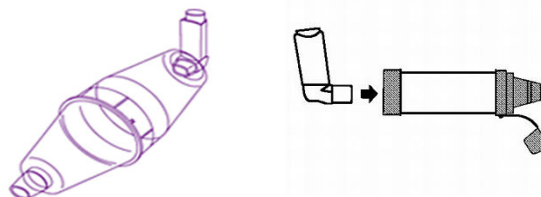
步骤一

- 使用前先把喷雾药摇晃, 然后把盖子取出。



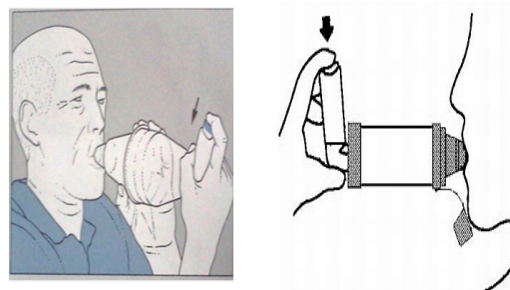
步骤二

- 把喷雾药插入喷雾器的尾端。



步骤三（器口）

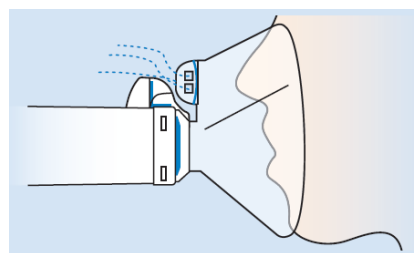
- 将喷雾器的前端放进嘴里, 并确保嘴和器口是封密的。



或

步骤三（口罩）

- 把口罩紧盖住嘴鼻



步骤四

- 按喷雾药一次以释放药物。
- 然后按普通呼吸方式吸入药物, 重复五次吸入。

步骤五

- 第二剂需等一分钟后, 才重复步骤三及四。