

## WHEN TO START USING A NEW TURBUHALER 檢查剩餘劑量的方法

- ❖ The dose indicator tells you approximately how many doses (inhalations) are left in the Turbuhaler.

劑量顯示窗會顯示吸入器內大概所剩餘的劑量。

For Symbicort® Turbuhaler:  
如使用 Symbicort® Turbuhaler:



Dose indicator  
劑量顯示窗

- ❖ When you first see a red mark at the edge of the indicator window, there are approximately 20 doses left.  
若劑量顯示窗首次出現紅色記號，表示餘下約20次的用量。
- ❖ For the last 10 doses, the background of the dose indicator is red.  
當剩下最後10次的用量，劑量顯示窗的背景會變為紅色。
- ❖ When the "0" on the red background has reached the middle of dose indicator, you must start using a new Turbuhaler.  
當背景顏色為紅色而「0」字已到達劑量顯示窗的中央，您應使用新的吸入器。

For Bricanyl® & Pulmicort® Turbuhaler:  
如使用 Bricanyl® 或 Pulmicort® Turbuhaler:

- ❖ When you first see a red mark at the indicator window, there are approximately 20 doses left.  
當您首次見到劑量顯示窗出現紅色記號，表示約餘下20次的用量。



- ❖ When the red mark has reached the lower edge of the window, the inhaler will no longer deliver the correct amount of medicine, and should be discarded.

當紅色記號到達顯示窗的底部，表示吸入器已不能提供正確的劑量，您需要把吸入器丟棄。



## IMPORTANT INFORMATION 關於都保吸入器

- ❖ You may not taste or feel any medication when using the Turbuhaler.  
使用都保吸入器時，口腔不會有冷凍感覺，亦未必會感到已吸入藥粉。您只需依照指示使用吸入器，便可得到所需的劑量。
- ❖ If you are using a corticosteroid inhaler, you MUST rinse or gargle your mouth with water or mouthwash and spit out after use.  
吸服類固醇後應用清水或漱口水漱口，以減少藥物停留在口腔內所引致的副作用。
- ❖ If the Turbuhaler accidentally drops after it is loaded, the dose will be lost.  
如都保吸入器意外掉下，將會失去已預充好的劑量。



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# How to Use TURBUHALER 如何使用 都保吸入器



## TURBUHALER 都保吸入器



### PRIMING FOR FIRST-TIME USE 首次使用：預充都保吸入器

- 1 Unscrew the cover and lift it off. You may hear a rattling sound.  
旋轉並移開瓶蓋。當您旋轉打開瓶蓋時，可能會聽到「格、格」之響聲。
- 2 Hold your Turbuhaler upright with the grip at the bottom.  
拿住吸入器使其直立，吸嘴垂直向上，轉鈕置於下方。
- 3 Turn the grip as far as it goes in one direction. Then turn it as far as it will go in the other direction (it does not matter which direction you turn it first). You should hear a "click" sound.  
將轉鈕轉動至一邊的盡頭，再向反方向轉至盡頭。先向哪一邊轉動也可以。步驟完成時您會聽到「喀」一聲。
- 4 Repeat step 3, turning the grip in both directions.  
重覆步驟3，轉鈕向左右各轉動一次。
- 5 Your Turbuhaler is now ready for use. You do not need to repeat the steps above. Please follow the "To Use Turbuhaler" steps below to load the dose.  
現在吸入器已準備好待用，您無須再重複上述步驟。請跟隨「都保吸入器使用方法」預充要吸服的劑量。

### TO USE TURBUHALER 都保吸入器使用方法

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拿住吸入器使其直立，吸嘴垂直向上，轉鈕置於下方。
- 3 To load a dose, turn the grip as far as it goes in one direction. Then turn it as far as it will go in the other direction (it does not matter which direction you turn it first). You should hear a "click" sound.  
將轉鈕轉動至一邊的盡頭，再向反方向轉至盡頭。先向哪一邊轉動也可以。步驟完成時您會聽到「喀」一聲。



- 4 Hold your Turbuhaler away from your mouth. Breathe out as far as comfortable. Do not breathe out through your Turbuhaler.  
用口呼出所有空氣，但請不要經由吸入器呼氣。

- 5 Place the mouthpiece between your teeth with lips closed. Breathe in as deeply and as hard as you can through the mouthpiece.  
將吸嘴輕置於牙齒間，閉上嘴唇將吸嘴完全覆蓋著，開始用口深深吸氣。



- 6 Remove your Turbuhaler from your mouth. Hold your breath for a few seconds, then breathe out gently.  
放下吸入器。屏著呼吸數秒，然後緩緩呼氣。
- 7 If more than one dose is required, repeat steps 2 to 6.  
若需使用多於一個劑量，重覆步驟2至6。
- 8 Wipe the outside of the mouthpiece with a dry towel or tissue paper. Do not use water or liquids. Replace the cover tightly after use.  
以乾布或紙巾清潔吸嘴外側，切勿用水或液體清洗。蓋回瓶蓋及扭緊。