

使用说明

MANDARIN

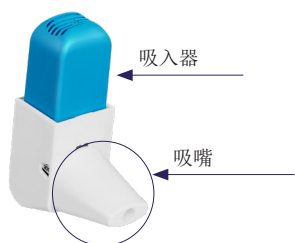
EASYHALER 使用者

本说明书旨在供使用 Easyhaler 治疗哮喘或慢性阻塞性肺部疾病（COPD）的患者参阅。

EASYHALER 是什么？

Easyhaler 是用于治疗哮喘或慢性阻塞性肺病的粉末吸入器。使用方便，并且不包含任何推进剂。可以通过吸入器上的吸嘴将粉末吸进肺里。Easyhaler 内带有剂量指示器，便于清楚显示所剩余的剂量。

Easyhaler 可提供五种治疗方案。



吸嘴保护装置
(防尘帽)
确保防护盖(防尘帽)套住吸入器的吸嘴。该罩可防止吸入器被触发。



防护盖
Easyhaler 使用时，带不带防护盖均可。吸气时，吸入器可以留在罩内。



如何将药剂装入 EASYHALER 并服用

请仔细阅读以下说明。



1. 摇动

- 将吸嘴上的保护器（防尘帽）移除。
- 如果提供了防护盖，可以将 Easyhaler 套入罩内。
- 摇动吸入器，期间竖着摇动几次。



2. 按压

- 用指头和拇指竖着握住 Easyhaler，向下按压，直到听到咔嚓声为止。将其恢复到原位。即，“将其按回来”。
- 现在可以吸入药剂。



3. 吸入

- 正常呼气。
- 将吸嘴含在嘴里，用嘴唇紧紧裹住，以免漏气。通过吸入器深深吸一口气。
- 将吸嘴从嘴里拿出来，屏住呼吸，5 秒后，正常呼吸。当嘴里出现甜感时，即说明已经接收到药剂。

- 如果需要吸入多吸，那么从第 1 步开始，重复所有步骤。
- 如果使用了 Beclomet、Salfumix、Bufomix 或 Giona Easyhaler，那么服用一定剂量后务必用清水漱口。把水吐掉。
- 将吸嘴上的保护器（防尘帽）移除。如果用到了防护盖，请把它关掉。
如果尚未开始吸入药剂，就不小心按压了 Easyhaler，请用手掌轻轻拍拍吹嘴，或将吸嘴对着桌子拍打，将其清空。

如何知道吸入器什么时候是空的？

Easyhaler 内带有剂量指示器，便于清楚显示所剩余的剂量。

每吸入 5 吸，便倒计数一次。每吸入 10 吸，就会显示所服用的剂量数。当显示剂量数并出现红色背景时，表明还剩余 20 吸药剂。当计数器显示 0 时，请更换吸入器。即便仍然可以看到吸入器背面的窗口上留有粉末，也务必更换。



请通过 www.medicininstruktion.se 访问关于如何使用 Easyhaler 的解说视频（可以通过右侧的 QR 进行访问），www.fass.se 或 www.orionpharma.se/film。



EASYHALER 的保留和存储

层压袋打开后，Buformix Easyhaler 可以保存 4 个月。规格为 50/250 微克的 Salflumix 可保存 1 个月，规格为 50/500 微克的 Salflumix 可以保存 2 个月。Buventol、Giona 和 Beclomet Easyhaler 可以保存 6 个月。

Easyhaler 应在室温干燥状态下储存。有盖的和无盖的均可提供。防护盖可以为吸入器提供额外保护（有关详细信息，请参见包装说明书）。

支气管扩张剂缓解治疗：



BUVENTOL EASYHALER

Buventol Easyhaler 含有沙丁胺醇，可扩张支气管，顺畅呼吸。起效迅速，还可用于缓解哮喘症状或使慢性阻塞性肺疾病病人更为顺畅地呼吸。几分钟之内就会见效，药效可持续约 4-6 小时。Buventol Easyhaler 有 100 微克/剂和 200 微克/剂两种规格可选。

预防/消炎治疗：



GIONA EASYHALER 和 BECLOMET EASYHALER

Giona Easyhaler 含有布地奈德；Beclomet Easyhaler 含有倍氯米松。两种物质均属于糖皮质激素药物，可用于维持治疗和哮喘预防治疗。Giona Easyhaler 和 Beclomet Easyhaler 可缓解和预防支气管炎。用于预防和治疗哮喘时，必须持续规律使用。即，在无症状时仍需使用。几天后，效果开始显现；治疗几周后即可痊愈。Giona Easyhaler 有 100 微克/吸、200 微克/吸和 400 微克/吸三种规格可选。Beclomet Easyhaler 的规格为 200 微克/吸。

预防/缓解治疗：



BUFOMIX EASYHALER

Buformix Easyhaler 含有两种不同的药物：布地奈德和福莫特罗。布地奈德属于糖皮质激素药物，并且用于维护治疗。可以缓解和防止肺部肿胀和发炎。福莫特罗可扩张支气管，顺畅呼吸。吸入 1-3 分钟后，福莫特罗就会起效，单次剂量后药效可平均持续 12 小时。Buformix Easyhaler 内所含有的布地奈德/福莫特罗有三种规格可供选择：80/4.5 微克、160/4.5 微克和 320/9 微克。

预防治疗：



SALFLUMIX EASYHALER

Salflumix Easyhaler 含有两种不同的药物：沙美特罗替和丙酸氟替卡松。丙酸氟替卡松属于糖皮质激素药物，并且用于维护治疗。可以缓解和防止肺部肿胀和发炎。沙美特罗替可扩张支气管，顺畅呼吸。吸入 1-3 分钟后，沙美特罗替就会起效，单次剂量后药效平均可持续 12 小时。Salflumix Easyhaler 所含有的沙美特罗/丙酸氟替卡松有两(1)种规格可供选择：50/250 微克和 50/500 微克。

谨遵所开处方，务必仔细阅读包装说明书。如果您有任何疑问或想了解治疗相关的任何事情，请跟您的医生或护士沟通。欲了解更多信息，请参阅向公众开放的 www.fass.se。请勿将药品与生活垃圾一同扔掉。请多为环境考虑。可将残余药品交给药店处理。

Buventol Easyhaler (salbutamol) Pharmaceutical form: Inhalation powder **Active substance:** salbutamol. **Areas of use:** Buventol Easyhaler is an inhaler that contains the active substance salbutamol. Salbutamol works by opening up the airways and making it easier to breathe. Buventol Easyhaler is used for symptomatic relief of asthma and chronic obstructive pulmonary disease (COPD). Buventol Easyhaler is used in adults and children aged 6 years and over. **Warnings and precautions:** Talk to your doctor before using Buventol Easyhaler if you have or have had any of the following conditions: cardiovascular disease, angina, increased thyroid function, diabetes, low levels of potassium in the blood (hypokalaemia). If you have low levels of potassium in the blood (hypokalaemia), this condition can worsen if Buventol Easyhaler is used with diuretics, steroids, or certain other asthma medicines (xanthine derivatives). In such cases, talk to your doctor for advice. Contact your doctor if your asthma worsens or if the Buventol Easyhaler becomes less effective. If repeated inhalations are not effective in severe asthma attacks, other treatment is needed. If you are pregnant or breast-feeding, think you may be pregnant, or are planning to have a baby, ask your doctor or pharmacist for advice before using this medicine. No adverse effects on the foetus have been demonstrated when using Buventol Easyhaler during pregnancy. It is unknown whether salbutamol passes into breast milk. You should therefore talk to your doctor before use during breast-feeding. **Giona Easyhaler (budesonide) Pharmaceutical form:** Inhalation powder **Active substance:** budesonide. **Areas of use:** Giona Easyhaler is a medicine that is used to prevent symptoms of asthma. Budesonide works by reducing and preventing swelling and inflammation of the lungs. **Warnings and precautions:** Talk to your doctor before using Giona Easyhaler if you have pulmonary tuberculosis, untreated bacterial, viral, or fungal infections of the mouth, respiratory tract, or lungs, or if you have severe liver disease. Contact your doctor if you experience blurred vision or other visual disturbances. Rinse your mouth after inhaling your dose to avoid fungal infection of the mouth. Giona Easyhaler is not recommended for children under 6 years. If you are pregnant or breast-feeding, think you may be pregnant, or are planning to have a baby, ask your doctor or pharmacist for advice before using this medicine. It is important for both the foetus and the mother to maintain adequate asthma control during pregnancy. As with other medicines given during pregnancy, the benefits of budesonide treatment for the mother should be weighed against the risks to the foetus. The lowest effective dose of budesonide needed to maintain adequate asthma control should be used. **Beclomet Easyhaler (beclomethasone) Pharmaceutical form:** Inhalation powder **Active substance:** beclomethasone. **Areas of use:** Beclomet Easyhaler is a cortisone (corticosteroid) preparation that alleviates inflammation of the lungs. By treating the inflammation, you can prevent asthma symptoms. **Warnings and precautions:** Contact your doctor if you feel that the Beclomet Easyhaler is becoming less effective, for example if you have more frequent asthma attacks. Your drug treatment may need to be changed. You may experience cold symptoms, eczema, fatigue, headaches, muscle and joint pain, and nausea and vomiting may also occur. If you have a respiratory infection, if you have tuberculosis, or if you have to increase the use of other asthma medication. Talk to your doctor if you experience any of these conditions. Talk to your doctor if you experience constriction or spasms in the airways after using Beclomet Easyhaler. Talk to your doctor if you are pregnant or plan to become pregnant. Your doctor will decide whether you should continue your treatment. Ask your doctor or pharmacist for advice before taking any medicine. **Buformix Easyhaler (budesonide/formoterol) Pharmaceutical form:** Inhalation powder **Active substance:** budesonide/formoterol. **Areas of use:** Buformix Easyhaler is a medicine for the treatment of asthma in adults and adolescents aged 12-17 years. It is also used to treat the symptoms of Chronic Obstructive Pulmonary Disease (COPD) in adults aged 18 years and older. **Warnings and precautions:** Talk to your doctor or pharmacist before using Buformix Easyhaler if you have diabetes, a lung infection, high blood pressure, or if you have ever had heart problems (including an uneven heartbeat, very rapid pulse, narrowing of the arteries, or heart failure), problems with your thyroid or adrenal glands, low levels of potassium in the blood, or severe liver problems. Contact your doctor if you experience blurred vision or other visual disturbances. Rinse your mouth after inhaling your dose to avoid fungal infection of the mouth. If you are pregnant or breast-feeding, think you may be pregnant, or are planning to have a baby, ask your doctor or pharmacist for advice before using this medicine. Do not use Buformix Easyhaler unless your doctor advises you to do so. If you become pregnant while using Buformix Easyhaler, do not stop using Buformix Easyhaler, but contact your doctor immediately. **Salflumix Easyhaler (salmeterol/fluticasone propionate) Pharmaceutical form:** Inhalation powder **Active substance:** salmeterol/fluticasone propionate. **Areas of use:** Your doctor has prescribed Salflumix Easyhaler to prevent breathing problems in Asthma and Chronic Obstructive Pulmonary Disease (COPD). Salflumix Easyhaler (50 micrograms/500 micrograms per dose) reduces the number of flare-ups of COPD. You must use your Salflumix Easyhaler every day as directed by your doctor for it to work best and control your asthma or COPD. Salflumix Easyhaler prevents breathing problems and wheezing. However, Salflumix Easyhaler should not be used to relieve a sudden onset of shortness of breath or wheezing. If this happens, use a fast-acting 'on demand' inhaler, such as salbutamol. Keep your fast-acting inhaler with you at all times. **Warnings and precautions:** Talk to your doctor before using Salflumix Easyhaler if you have: Heart disease including rapid and irregular heartbeat, increased thyroid function, high blood pressure, diabetes (since Salflumix Easyhaler may increase your blood sugar), decreased blood levels of potassium in the blood, or if you have had tuberculosis (TB), or other infections of the lungs. Contact your doctor if you experience blurred vision or other visual disturbances. If you are pregnant or breast-feeding, think you may be pregnant, or are planning to have a baby, ask your doctor or pharmacist for advice before using this medicine. **Responsible company:** Orion Pharma AB, www.orionpharma.se **Always read the package insert carefully**