

Health Education Leaflet of Inhaler

Foster® NEXThaler Dry Powder Inhaler

Main Ingredient	Strength	Content	Chinese Name	Illustration
Beclomethasone	100mcg	120 actuations/ tube	肺舒坦	
Formoterol	6mcg		耐舒樂 乾粉吸 入劑	

Indication: With anti-inflammatory effects and as a bronchodilator for the smooth muscle, it is primarily used for the treatment and prevention of asthma and chronic obstructive symptoms, and it is not recommended as the first-line treatment for asthma.

Dosage and Administration: For adult (18 years of age or older) patients, the recommended dosage is two inhalations per day, with one or two metered doses for each inhalation.

Precautions: The maximum doses allowed for a day is 4 metered doses per day. Please tell your doctor or pharmacist if you have allergy to any drug or any disease, particularly if you have thyrotoxicosis, diabetes, or cardiovascular diseases. Please rinse your mouth each time you have used the inhaler (and spit out the water) to reduce the risk of oropharyngeal fungal infections and difficulty in voice production.

Side effects: (The side effects may not necessarily occur. Please don't worry too

much and refuse the treatment. If you experience a side effect, please contact your healthcare provider.) Tremor, headache, oral candidiasis infection, difficulty in voice production, and throat irritation.

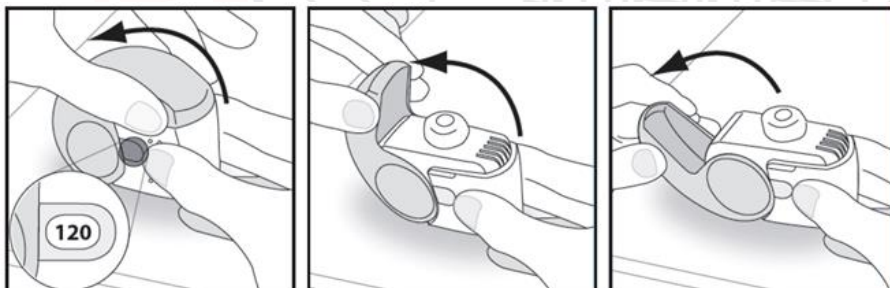
Method of cleaning: If necessary, you can clean the inhaler with a dry cloth or tissue after use. Please do not clean the inhaler with water or any other liquid. Please keep the inhaler dry.

Method to observe remaining quantity: The bottom casing of the device has a window that displays the remaining dose count.

Storage: Please store the products in a cool place or away from direct sunlight.

Operating steps (with illustrations) :

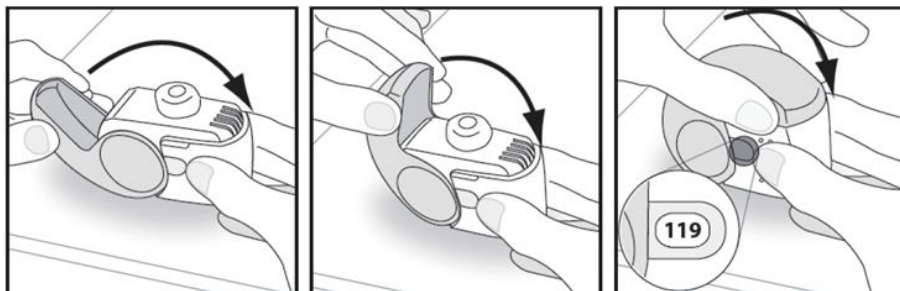
1. **Opening** (1) Hold the inhaler steadily in an upright position. (2) Open the protective cap until it is fully opened. (3) Exhale as much as possible within a comfortable range before inhaling. © Please do not exhale to the inhaler.



2. **Inhaling** (1) Lift the inhaler towards your mouth and place your lips around the mouthpiece. (2) Take a quick, deep breath through your mouth. © You may notice a taste when inhaling the medication. © You may hear or feel a "click" sound when inhaling the medication. (3) Remove the inhaler from your mouth. (4) Hold your breath for 5 to 10 seconds, or for the maximal time you feel comfortable with. (5) Exhale slowly.
3. **Closing** (1) Return the inhaler to an upright position and put the protective cap back to fully close it. (2) Confirm that the reading of the meter has



decreased by 1 unit.



4. If you need to take a second puff, please rest for 30 seconds to 1 minute before repeating steps A to C.

