

## Instruction of Ventolin Inhaler

1. Shake the inhaler well before use (10 shakes).
2. Remove the cap.
3. Make sure the mouthpiece is clean and dry, and then insert spacer into the mouthpiece.
4. Breathe out, away from your inhaler.
5. Bring the inhaler to your mouth and close your lips around the spacer, keep your tongue below it.
6. While pressing down on the top of the inhaler then breathing in deeply and slowly about 3-4 seconds.
7. Remove the spacer of the inhaler from your mouth and hold your breath for about 5-10 seconds.
8. Breathe out slowly. (If you need a second puff, wait 30 seconds, shake your inhaler again, and repeat steps 4-8)
9. Replace the cap.

✘ Each inhaler contains 200 doses. Patients should record the date of the first time using inhaler. Before finish the final dose, please come back to hospital.



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