

Lub tshuaj txau (Hmong)

Lub txau tshuaj txau (inhaler) yog ab tsi?

Lub tshuaj txau inhalers yog ib hom xuas tes tuav yeem xa tshuaj nrog ua pa mus rau hauv ob lub ntsws. Muaj ntau hom tshuaj, thaib lawv muaj ob yam taub txua tshuaj:

- **lub txau cov ua fws (MDI)** cov tshuaj yog ua fws, ua yog tawm los thaum koj nias lub taub txau tshuaj.
- **lub txau cov ua hmoov (DPI)** cov tshuaj yog ua hmoov, thiab xa tshuaj tuaj mus thaum yus nqus pa mus (muaj hom pluav kheej kheej thiab hom hu ua Turbuhaler®).

Kuv yuav siv lub tshuaj txau li cas?

Tej zaum koj yuav muaj ntau tshaj ib hom tshuaj txau. Yuav tsum tau siv kom yog yog thiaj yuav zoo tshaj. Yog koj siv tsis yog lawm, cov tshuaj feem ntau yuav tsis mus rau hauv ntsws, tab sis yuav nyob tom qa/qab qhov ncauj xwb.

Ua raws lis tej kev qhia nram qab no rau hom tshuaj txau ua sau rau koj. Hnug tus nais mom los yog tus kws saib xyuas kev mob hlab ntsws kom saib koj siv. Nco ntsoov sawv ntsug los yog zaum ntseg ntseg, kom pab cov tshuaj mus kom tob lawm hauv cov ntsws.

Yog koj siv ntau tshaj ib hom tshuaj txau tib lub sij hawm, cov tshuaj txau pab tam sis kom cov hlab ntsws qhib (xws lis tshuaj albuterol) yuav tsum siv cov no ua ntej kom qhib cov hlab cua. Qhov no pab kom lwm hom tshuaj mus kom tob lawm hauv cov ntsws, es thiaj ua hauj lwm zoo dua.

Inhalers (English)

What is an inhaler?

An inhaler is a hand-held device that delivers a measured amount of medicine to be breathed into the lungs. There are many medicines, and they come in two types of inhalers:

- **metered dose inhaler (MDI)** - the medicine is a mist, which comes out when you press down on the inhaler.
- **dry powder inhaler (DPI)** - the medicine is in a powder form, and activated when you breathe in (available in a Diskus® and a Turbuhaler®).

How should I use an inhaler?

You may have one or more types of inhalers. They need to be used correctly to do the most good. If you use them wrong, most or all of the medicine will not go into the lungs, but will end up in the back of your mouth.

Follow the instructions below for the type of inhaler prescribed. Ask the nurse or respiratory care practitioner to watch you use it. Be sure to stand up or sit up straight, to help the medicine go deeply into the lungs.

If you use more than one kind of inhaled medicine at a time, the quick-acting bronchodilator (such as albuterol) should be taken first to open the airways. This helps the other medicine(s) go deeper into the lungs, so they will work better.

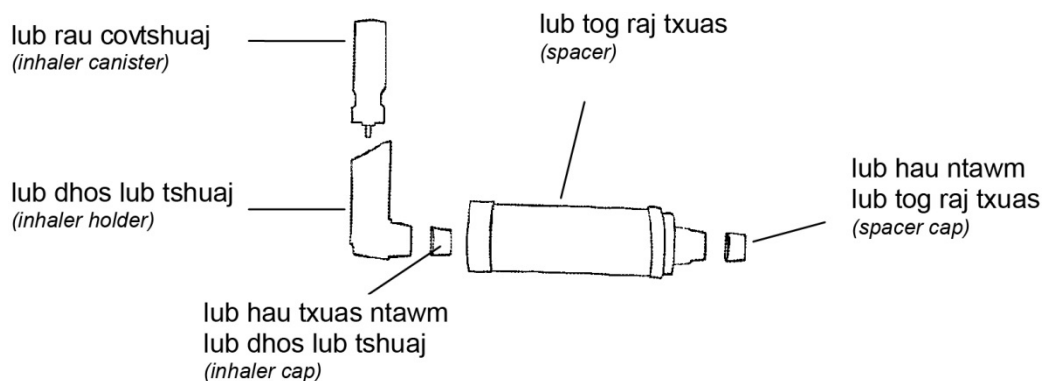
Lub tshuaj txau metered dose inhaler (MDI)

Lub metered dose inhaler yuav tsum siv nrog ib lub menyuam tog raj ua chaw tuav. Qhov no pab ua kom cov fws mus txog tob lawm hauv cov hlab cua. Yog cov tshuaj lo tom qa tsawg, ces yuav muaj txhaws qa tsawg dua los sis yuav mob qa los nplaig tawm tsawg dua thiab. Cov menyuam me dua tej zaum yuav tsum tau siv lub tog raj txuas nrog rau lub khwb qhov ncauj. Tham nrog nej tus kws khomob los yog tus poj nais mom seb hom raj txuas txau tshuaj twg zoo dua rau koj.

Metered dose inhaler (MDI)

A metered dose inhaler is used with a spacing device, also called a spacer or holding chamber. It helps the mist reach deeply into the airways. The less medicine stays in the throat, the less likely your child will have such side effects as hoarseness or irritation of the throat or tongue. Younger children may need to use a spacer with a mask. Talk with your doctor or nurse practitioner about which spacer is right for you.

Lub tshauj txau thiab cov raj sib txaus (Inhaler and spacer parts)



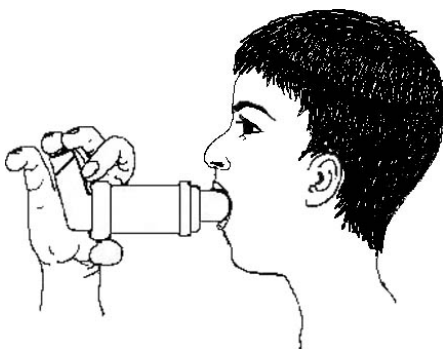
Ua raw li cov qib no:

1. Ntshem lub hau ntawm lub tshuaj txau thiab lub txuas thiab xyuas kom tseeb tias tsis muaj ab tsi nyob hauv uas yuav nqus tau yuam kev.
2. Co lub taub tshuaj kom zoo (li 5 seconds) kom cov tshuaj thiab cov cua sib tov ua ke. Thawj zaug uas koj siv lub tshuaj txau MDI, sim txau ib zaug pov tseg, saib kom nws ua hauj lwm tso.
3. Muab lub tshuaj ntxig rau hauv yav tog raj txuas. Tuav lub taub muaj cov tshuaj kom ntseg ntseg tsis li nws yuav tsis txau.

Follow these steps:

1. Remove caps from the inhaler and the spacer and make sure nothing is there that could be accidentally inhaled.
2. Shake the inhaler well (about 5 seconds) to mix the medicine and propellant. The first time you use an MDI, do a test spray into the air, to see that it works.
3. Insert the inhaler into the spacer. Hold the inhaler upright or it will not spray.

4. Muab tog npuav rau hauv qhov ncauj, tso sauv tus qhaum nplaig thiab nruab nrab ntawm cov hniav. Zawm ob daim di ncauj thiab ib nyuag plim pliaj me ntsis thiab ib nyuag tsa lub tshuaj txau me ntsis.



4. Put the mouthpiece into your mouth, over your tongue and between your teeth. Close your lips around it while tilting your head and the inhaler back slightly.

5. Xav rau koj qhov ua pa, ua pa li qub. Thaum npaj txij lawm, maj mam ua pa tawm kom kawg nkaus.

5. Thinking about your breaths, breathe normally. When ready, breathe out slowly all the way.

6. Nyem lub tshuaj txau thaum nqus pa rov qab.

6. Press down on the inhaler at the start of a slow deep breath.

7. Nqus pa **maj mam thiab nqus ntev ntev** mus rau koj lub qhov qhov ncauj, nws yuav siv li 3 rau 5 seconds cov tshuaj thiaj yuav mus thoob hauv ob lub ntsws. (Ua pa nrawm nrawm yuav ua cov tshuaj lo hauv qhov ncauj xwb. Ib txhia taub txuas txau tshuaj yuav nrov li xuav yog ua pa nrawm heev lawm.)

7. Breathe in **slowly and deeply** through your mouth, taking at least 3 to 5 seconds to fill your lungs completely. (Breathing too fast makes the medicine stick to the back of the mouth. Some spacers whistle if you breathe too fast.)

8. Npo pa cia li 10 seconds kom cia cov tshuaj nyob hauv ob lub ntsws thiab cov hlab cua. (Yog nej tus menyuam ho mos heev tsis paub npo pa no ces, qhia rau kws khomob los yog tus poj nais mom.)

8. Hold your breath for 10 seconds to let the medicine stay in the lungs and airways. (If your child is too young to hold a breath, tell your doctor or nurse practitioner.)

9. Maj mam ua pa tawm.

9. Exhale slowly.

10. Ua raws li nej tus kws khomob los yog tus nas mom qhov qhia tias yuav nqus tsawg pas. Thaum nqus cov tshuaj uas pab tam sis kom qhib cov hlab ntsws, tos 1 feeb mam nqus dua. Qhov no yuav ua kom cov hlab ncua loj qhib es nqus zaum ob thiaj mus txog cov hlab cua me.

10. Follow your doctor's or nurse practitioner's instructions about the number of puffs to take. When inhaling a quick-relief bronchodilator medicine, wait 1 minute between puffs. This will open the larger airways so that the second puff will reach the smaller airways.

11. Yaug ncauj tom qab koj siv cov tshuajtxau corticosteroid tas thiab nti tawm txob nqos.

11. After using a corticosteroid inhaler, rinse your mouth and spit without swallowing

Ua li cas kuv thiaj paub thaum lub tshuaj txau MDI tag?

Nyob ntawm daim calendar, sau cim tseg nqus pes tsaug zaus kom siv ib hnuv lawm. Ib lub raj nqus muaj ntawv lo qhia muaj pes tsawg zaus yuav nqus nyob rau hauv. Thaum koj siv tag cov tshuaj nqus pes tsawg zaus hauv lub raj lawm, muab nws pov tseg thiab muab dua ib lub tshiab. Nug nej tus kws khomob, tus neeg tu mob, los yog tus kws tshuaj pab nej yog tias nej paub tsis meej. Muab lub tshuaj txau raus rau hauv dej saib xyuas tsis yog ib qho kev pom zoo, raws li qhov no yuav tsuas tsis huv rau cov tshuaj.

Kuv yuav tu lub tshuaj txau MDI no li cas?

Ntxuav lub yas dhos lub tshuaj thiab lub tog raj txuas ib vas thiv ib zaug. Tso lawv rau hauv cav ntxuav tais diav, los yog xuas tes ntxuav nrog xab npum, yaug, thiab cia lam cua kom qhuav. Tom qab ntxuav tag, xyuas kom meej tias nws tseem ua hauj lwm yog li qub. Muab tso rau qhov chaw qhuav qhuav sov li hauv tsev tso kom deb cua kub (heat) los sis kom nraim duab tshav ntuj.

Tshuaj txau ua hmoov qhuav: Lub pluav kheej (Diskus)

1. Muab ib sab tes tuav lub tshuaj. Thawb tus qib ntiv tes xoo kom kawg, kom txog thaum qhov npuav ntawm qhov ncauj tshwm thiab dhos rau lawm tso.
2. Tuav lub tshuaj txau npluav kheej ntawd tiaj, nrog qhov npuav ntawm qhov ncauj tig tuaj ntawm koj. Thawb tus qhib kom txog thaum nws txhais. Cia lub tshuaj txau pluav kheej nyob twj ywm thiaj tsis nkim ib ncoss tshuaj.
3. Tig tob hau lawm lwm sab ntawm lub tshuaj txau thaib ua pa tawm kom tag nro.

How do I know when an MDI is empty?

On a calendar, keep track of the number of puffs you use in a day. Each inhaler's label lists the number of puffs/doses that are in it. When you reach the number of puffs in the inhaler, throw it away and get a new one.

Ask your doctor, nurse, or pharmacist for help if you are not sure. Floating an inhaler in water to check it is **not** recommended, as this may contaminate the medicine.

How do I care for an MDI?

Clean your inhaler holder and spacer once a week. Put them in a dishwasher, or wash them by hand with mild dish soap, rinse, and let air-dry. After cleaning, make sure the valves are working properly. Store at room temperature in a dry place away from direct heat or sunlight.

Dry powder inhaler: Diskus

1. Hold the Diskus in one hand. Push the thumbgrip back as far as it will go, until the mouthpiece appears and snaps into place.
2. Tuav lub tshuaj txau npluav kheej ntawd tiaj tiaj, nrog qhov npuav ntawm qhov ncauj tig tuaj ntawm koj. Thawb tus qhib kom txog thaum nws txhais. Cia lub tshuaj txau pluav kheej nyob twj ywm thiaj tsis nkim ib ncoss tshuaj.
3. Turn your head away from the Diskus and breathe out completely.

4. Muab qhov npuav ntawm qhov ncauj coj los npuav. Nqus pa **kom sib luag thiab kom tob kawg nkaus.**
5. Tshem lub tshuaj ntawm qhov ncauj.
6. Npo pa 10 second, ces maj mam ua pa tawm.
7. Kaw lub tshuaj npluav kheej no los ntawm rub tus qib tes xoo rov los kom kawg. Lub tshuaj yuav txhais kaw thiab tus qib yuav rov pib dua.
8. Yaug koj lub qhov ncauj thiab nti tawm txhob nqos.

Kuv yuav tus lub tshuaj txau npluav kheej no li cas?

- Tsis zoom tshuab pa rau hauv lub tshuaj los sis sim muab nrhuav.
- Tuav kom ncaj ncaj thaum tab tom siv.
- Tsis zoom ntxuav qhov npuav ntawm qhov ncauj los sis lwm qhov ntawm lub tshuaj no li.
- Muab tso rau qho chaw qhuav qhuav sov li hauv tsev tso kom deb ntawm cua kub los yog duab tshav ntuj.
- Muab pov tseg 2 hlis tom qab thaum muab daim ntawv qhwv tev lawm, los sis thaum tag, seb qhov twg ua ntej xwb.

Yuav ua cas kuv thiaj paub thaum lub tshuaj txau pluav kheej (Diskus) nov tag?

Tus cim qhia saum toj yuav qhia seb tshuav pes tsawg zaus. Tom qab siv 55 zaus lawm, tus leb liab 5 mus rau 0 yuav tshwm txhais tau tias nws twb yuav luag tas. Qhov no yog qhia thaum twg yuav tsum muab dua tus tshiab. Thaum tus leb yog 0, muab tus tshuaj txau pluav pov tseg thiab siv ib tug tshiab.

4. Put the mouthpiece between your lips. Breathe **in steadily and deeply.**
5. Remove the Diskus from your mouth.
6. Hold your breath for 10 seconds, then breathe out slowly.
7. Close the Diskus by sliding the thumbgrip back as far as it will go. The Diskus will click shut and the lever will be reset.
8. Rinse your mouth and spit without swallowing.

How do I care for a Diskus?

- Never exhale into the Diskus or try to take it apart.
- Keep it level when using it.
- Never wash the mouthpiece or any part of it.
- Store at room temperature in a dry place away from direct heat or sunlight.
- Throw it away 2 months after removing it from the foil wrap, or when it is empty, whichever comes first.

How do I know when the Diskus is empty?

The dose indicator on top tells how many doses are left. The number will go down each time you use the Diskus. After 55 doses, the numbers 5 to 0 will be red to show that it's almost empty. This is when to get your next Diskus. When the number is 0, throw the Diskus away and use a new one.

Lub tshuaj txau ua hmoov qhuav: Turbuhaler

Txau sim lub tshuaj Turbuhaler

Ib lub tshuaj txau Turbuhaler yuav tsum tau muab sim txau ib zaug ua ntej yuav siv. (Yav tom ntej tsis tas sim ntxiv lawm, txawm tias tsis siv ntev lawm.) Ua raws lis cov kev qhia nov:

1. Ntswj lub hau thiab tshem nws tawm.
2. Tuav lub tshuaj txau Tubuhaler kom ntseg, nrog rau tuav qhov npuav ntawm qhov ncauj lawm sauv.
3. Ntswj tus tes xim brown kom kawg nkaus lawm sab xis thiab rov los rau sab lauj.
4. Hais dua/ua dua. Tam siv no nws npaj tiav loo rau siv lawm.

Siv lub tshuaj txau Turbuhaler

1. Ntswj lub hau thiab tshem nws tawm. Tuav lub tshuaj txau Turbuhaler kom ntseg (qhov npuav ntawm qhov ncauj tig lawm sauv.)
2. Ntswj tus tes xim brown kom kawg nkaus lawm sab xis, ces rov los tom sab lauj kom txog thaum nws dho tso.
3. Tig tob hau lawm lwm sab ntawm lub tshuaj txau Turbuhaler thiab ua pas tawm kom kawg nkaus. (Faj: Tsis txhob co los sis ua pa mus rau hauv lub tshuaj.)
4. Muab qhov npuav ntawm qhov ncauj los npuav ntawm ob daim di ncauj thiab nqus pa kom tob thiab muaj zog zis kom puv koj ob daim ntsws.
5. Tshem lub tshuaj txau Turbuhaler ntawm koj qhov ncauj.
6. Npo pa 10 second, ces maj mam ua pa tawm.

Dry powder inhaler: Turbuhaler

Priming the Turbuhaler

A new Turbuhaler should be primed once before its first use. (No further priming is needed, even if it is unused for a long time.) Follow these steps.

1. Turn the cover and lift it off.
2. Hold the Turbuhaler upright, with mouthpiece up.
3. Twist the brown grip fully to the right and back again to the left.
4. Repeat. Now it is ready for use.

Using the Turbuhaler

1. Twist the cover and lift it off. Hold the Turbuhaler upright (mouthpiece up).
2. Twist the brown grip to the right as far as it will go, then back to the left until it clicks.
3. Turn your head away from the Turbuhaler and breathe out completely. (Note: Do not shake or exhale into it.)
4. Put the mouthpiece between your lips and inhale deeply and forcefully to fill your lungs.
5. Remove the Turbuhaler from your mouth.
6. Hold your breath for 10 seconds; then breathe out slowly.

7. Rov ua dua txij nqe 2 txog nqe 6, yog tias hais qhia kom ua dua zaum ob.
8. Thaum siv tag lawm, rov qab muab lub hau kaw rau kom ruaj.
9. Yaug koj lub qhov ncauj thiab nti tawm tsis txob nqos.

Kuv yuav tus lub tshuaj txau Turbuhaler no li cas?

- Muab tso rau qhov chaw qhuav qhuav sov lis hauv tsev tso kom deb ntawm cua kub los yog duab tshav ntuj
- Muab pov tseg nraws li lub vas thib nyob ntawm lub tshuaj txau, los sis thaum tag, seb qhov twg ua ntej xwb.

Ua li cas kuv thiaj paub thaum ib lub tshuaj txau Turbuhaler tag?

Ib lub tshuaj txau Turbuhaler tshiab muaj 200 txau. Thaum koj pom ib tee liab liab tshwm ntawm lub qhov rai (nyob hauv qab qhov npuav ntawm qhov ncauj), ces yog tshuav 20 zaus txau. Ntawm nov yog thaum lub caij mus nqa dua ib lub tshuaj txau Turbuhaler tom ntej lawm. Thaum nws teev liab mus txog hauv qab lub qhov rai, muab lub Turbuhaler pov tseg thiab siv lub tshiab.

Lus nug?

Daim ntawv no tsis yog hais cob coos rau koj tus menyuam nkaus xwb, tab sis yog qhia tej xov thoob plaws. Yog nej tsis tau taub seb cov tshuaj ua hauj lwm li cas hauv lub ntsws, los sis muaj lus nug ab tsi, thov hu rau chaw khomob. Yog qhov ua pa nyuab tsis ntaug thaum twb siv cov tshuaj txau pab-tam sis tag lawm, **hu rau 911.**

7. Repeat steps 2 through 6, if a second puff is prescribed.
8. When finished, replace the cover and twist shut.
9. Rinse your mouth and spit without swallowing.

How do I care for a Turbuhaler?

- Store at room temperature in a dry place away from direct heat or sunlight.
- Throw it out by the date shown on the inhaler, or when it is empty, whichever comes first.

How do I know if a Turbuhaler is empty?

A new Turbuhaler has 200 doses. When you see a red mark at the top of the dose indicator window (below the mouthpiece), there are 20 doses left. This is when to get your next Turbuhaler. When the red mark reaches the bottom of the window, throw the Turbuhaler away and use a new one.

Questions?

This sheet is not specific to your child, but provides general information. If you do not understand how your medicines work in your lungs, or have any other questions, please call the clinic. If difficult breathing is not relieved by your quick-acting bronchodilator, **call 911.**