

Important Information for the Patients

রোগীদের জন্য প্রয়োজনীয় তথ্য

Prime and Re-prime your Azmasol® Plus HFA Inhaler

আপনার এ্যাজমাসল® প্লাস ইনহেলারটি প্রাইম এবং রি-প্রাইম করুন

Azmasol® Plus HFA Inhaler should be primed before using it for the first time. You should also re-prime your inhaler when the inhaler has not been used for more than 7 days or when the inhaler has been dropped or after cleaning.

প্রথম বার এ্যাজমাসল® প্লাস ইনহেলার ব্যবহারের সময় আপনাকে ইনহেলার প্রাইম করে নিতে হবে। সাত দিন বা তার চেয়ে বেশী বিরতিতে ইনহেলার ব্যবহার করা হলে অথবা ইনহেলারটি পড়ে গেলে বা পরিষ্কার করার পরে এটিকে আবার রি-প্রাইম করে নেয়া প্রয়োজন।

What do we mean by 'Priming & Re-priming' of the inhaler?

When using your new inhaler for the first time you should prime your inhaler before use. This is known as priming. If it has not been used for 7 days or more, dropped, or cleaned, you should re-prime your inhaler before use it. This is known as re-priming.

ইনহেলার প্রাইম এবং রি-প্রাইম করা বলতে কী বুঝায়?

ইনহেলার প্রথম ব্যবহারের সময় এটির পরীক্ষামূলক ব্যবহার প্রয়োজন। একেই প্রাইম করা বলে। যদি সাত দিন বা তার বেশি ব্যবহার না হয়ে থাকে অথবা ইনহেলারটি পড়ে গেলে বা পরিষ্কার করার পরে এটির পুনরায় পরীক্ষামূলক ব্যবহার করা প্রয়োজন। একেই রি-প্রাইম করা বলে।

How to prime and re-prime the inhaler?

Shake the inhaler well before each spray. To prime spray 4 times and to re-prime spray 2 times into the air away from your face.

কীভাবে প্রাইম এবং রি-প্রাইম করবেন?

প্রতিটি স্প্রে করার আগে ইনহেলারটি ভালভাবে ঝাঁকাতে হবে। প্রাইম করার জন্য আপনার মুখ থেকে দূরে বাতাসে ৪ বার এবং রি-প্রাইম করার জন্য ২ বার স্প্রে করুন।

Why priming and re-priming of the inhaler is important?

Priming/re-priming ensures that your inhaler delivers the correct dose. Once primed/re-primed, your inhaler is ready to use for delivering the correct amount of medicine.

ইনহেলার প্রাইম এবং রি-প্রাইম করা প্রয়োজন কেন?

প্রাইমিং/রি-প্রাইমিং আপনার ইনহেলারটি সঠিকভাবে ওষুধ সরবরাহ করে কিনা নিশ্চিত করে। প্রাইম/রি-প্রাইম হওয়ার সাথে সাথে এটা ব্যবহার উপযোগী হবে এবং সঠিক মাত্রায় ওষুধ সরবরাহ করতে পারবে।

How to clean your Inhaler

Keeping the plastic actuator clean is very important to prevent medicine buildup and blockage.

The actuator should be cleaned by using luke warm water at least once a week.

এ্যাকচুয়েটরের মুখ শুধু জমে থাকা বা ওষুধ দিয়ে দৃশ্য হয়ে যাওয়া থেকে রক্ষা করতে প্লাস্টিকের এ্যাকচুয়েটরটি পরিষ্কার রাখা খুবই জরুরী।

সপ্তাহে অন্ততঃ একবার এ্যাকচুয়েটরটি হালকা গরম পানি দিয়ে পরিষ্কার করতে হবে।

Shake well before each use

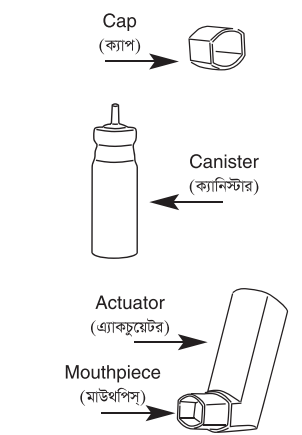
প্রতিবার ব্যবহারের পূর্বে অবশ্যই ভালভাবে ঝাঁকিয়ে নিবেন

Your Inhaler should be cleaned at least once a week

প্রতি সপ্তাহে অন্ততঃ একবার আপনার ইনহেলার পরিষ্কার করুন

HOW TO USE YOUR INHALER CORRECTLY

কিভাবে আপনি সঠিক পদ্ধতিতে ইনহেলার ব্যবহার করবেন



4. Breathe out slowly and gently until your lungs feel comfortably empty. Raise the inhaler to your mouth. Put the mouthpiece between your teeth, but do not bite it. Close your lips around the mouthpiece.

৪. হুঁশ দিয়ে ধীরে ধীরে বাতাস বের করে দিতে হবে যতক্ষণ না আপনার ফুসফুসটি খালি হয়। ইনহেলারটি মুখের মাঝে রাখতে হবে। ইনহেলারের নিঃসরণের মুখে মাঝে দাঁতের ফাঁকে ছুঁপান করতে হবে কিন্তু কামড়ানো যাবে না। এ্যাকচুয়েটরের মুখ নিজের ঠোঁট দিয়ে এমন ভাবে ধরুন যেন কোন ফাঁক না থাকে।

How to clean your Inhaler?

কিভাবে আপনার ইনহেলার পরিষ্কার করবেন?

1. Remove the canister and set it aside. Take the cover off the mouthpiece.

ক্যানিস্টার এবং মাউথ পিস এর কাভারটি খুলে নিন।

2. Rinse each end of the actuator with luke warm water for 30 seconds. Shake off as much water as you can. Do not use soap. Do not dry with a towel or tissue.

হালকা গরম পানি দিয়ে এ্যাকচুয়েটরটির উভয় পাশে ৩০ সেকেন্ড ধরে ধৌত করুন। যতটুকু পারেন পানি দেড়ে ফেলে দিন, সাবান ব্যবহার করা যাবে না। কোন কাপড় বা টিস্যু দিয়ে মুছে তকানো যাবে না।

3. Look into the mouthpiece and actuator to make sure any medicine build-up has been completely washed away. If there is any build-up, repeat the step 2 again.

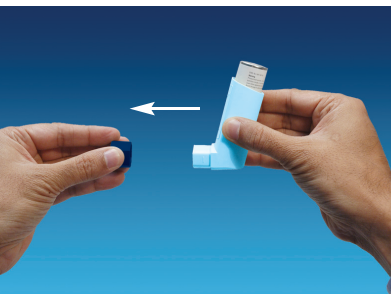
মাউথ পিসের ভিতরে কোনো ওষুধ লেগে আছে কিনা পরীক্ষা করে দেখুন। যদি ভালভাবে পরিষ্কার না হয়, ধাপ ২ আবার অনুসরণ করুন।

4. Let the actuator air-dry, such as overnight.

এ্যাকচুয়েটরটি বাতাসে শুকিয়ে নিন, যেমন-সারা রাত বাতাসে রাখুন।

5. Re-assemble Azmasol® Plus when the actuator is fully dry.

ইনহেলারের খোলা অংশগুলো আবার আয়ের জায়গায় লাগিয়ে সম্পূর্ণ ঝকিয়ে গেলে ব্যবহার করুন।



1. Remove the cap from the mouthpiece of the actuator.

১. এ্যাকচুয়েটর এর মাউথপিECE থেকে কভারটি প্রথমে সরাতে হবে।

2. Make sure the mouthpiece is clean inside and outside.

২. এ্যাকচুয়েটরের মুখ পরিষ্কার কিনা সতর্কতার সাথে পরীক্ষা করতে হবে।

3. Shake the inhaler well to ensure any loose objects are removed and the contents of the inhaler are evenly mixed. Hold the inhaler upright by placing your index finger on the top of the metal canister and thumb on the bottom of the plastic mouthpiece.

৩. ব্যবহারের পূর্বে ইনহেলারটি ভালভাবে ঝাঁকাতে হবে যেন কিছু সেগে না থাকে এবং ভেতরে থাকা ওষুধ ভালভাবে মিশ্রিত হয়। তর্জনী ও বুড়ো আঙ্গুলের মধ্যে ইনহেলারটিকে ধরতে হবে এবং ইনহেলারটি ভালভাবে ঝাঁকাতে হবে।



4. Tilt your head back slightly. Start to breathe in slowly through your mouth. As you start to breathe in, press down firmly on the top of the can to release your medicine, continue to breathe in steadily and deeply.

৫. মাথা সামান্য পেছন দিকে ঝোঁকতে হবে। মুখ দিয়ে ধীরে ধীরে শ্বাস গ্রহণ করতে হবে এবং একই সময়ে ক্যানিস্টারটিকে চাপ দিতে হবে। এভাবে ধীরে ধীরে গভীর ভাবে শ্বাস নেয়ার সময় একটি মাত্রা নিতে হবে।

6. Hold your breath. Remove the inhaler from your mouth. Continue to hold your breath as long as possible, up to 10 seconds. Then breathe out gently. If you are taking a second puff, wait about one minute, then repeat steps 3 to 6.

৬. শ্বাস ধরে রাখতে হবে। ইনহেলারটিকে মুখ থেকে সরিয়ে ফেলতে হবে। ১০ সেকেন্ড অথবা যতক্ষণ সম্ভব শ্বাস ধরে রাখতে হবে। অন্তরঃ ধীরে ধীরে শ্বাস ছাড়তে হবে। যদি একাধিক মাত্রা গ্রহণের দরকার হয় তবে কমপক্ষে ১ মিনিট অপেক্ষা করার পর ৩ থেকে ৬ খাপ পর্যন্ত পদ্ধতি গুলো পুনরাবৃত্তি করতে হবে।

Emergency inhaler use when wet:

ইনহেলার ভেজা থাকলে করণীয়:

● Shake off as much excess water as you can.

যতটুকু পারেন পানি বেড়েই ফেলে দিন।

● Insert the canister into the actuator.

ক্যানিস্টারটি এ্যাকচুয়েটর এ ঢোকান।

● Shake and spray 2-test puffs into the air away from your face.

ঝাঁকুন এবং দুইটি পরীক্ষামূলক পাশ্ব মুখ থেকে দূরে বাতাসে করুন।

● Take the prescribed dose.

এরপর নির্দেশিত ডোজটি গ্রহণ করুন।

● Rinse the actuator again following the cleaning procedure.

পুনরায় পূর্বে নির্দেশিত উপায়ে এ্যাকচুয়েটরটি ধুয়ে ফেলুন।



2. Make sure the mouthpiece is clean inside and outside.

২. এ্যাকচুয়েটরের মুখ পরিষ্কার কিনা সতর্কতার সাথে পরীক্ষা করতে হবে।

3. Shake the inhaler well to ensure any loose objects are removed and the contents of the inhaler are evenly mixed. Hold the inhaler upright by placing your index finger on the top of the metal canister and thumb on the bottom of the plastic mouthpiece.

৩. ব্যবহারের পূর্বে ইনহেলারটি ভালভাবে ঝাঁকাতে হবে যেন কিছু সেগে না থাকে এবং ভেতরে থাকা ওষুধ ভালভাবে মিশ্রিত হয়। তর্জনী ও বুড়ো আঙ্গুলের মধ্যে ইনহেলারটিকে ধরতে হবে এবং ইনহেলারটি ভালভাবে ঝাঁকাতে হবে।



6. Hold your breath. Remove the inhaler from your mouth. Continue to hold your breath as long as possible, up to 10 seconds. Then breathe out gently. If you are taking a second puff, wait about one minute, then repeat steps 3 to 6.

৬. শ্বাস ধরে রাখতে হবে। ইনহেলারটিকে মুখ থেকে সরিয়ে ফেলতে হবে। ১০ সেকেন্ড অথবা যতক্ষণ সম্ভব শ্বাস ধরে রাখতে হবে। অন্তরঃ ধীরে ধীরে শ্বাস ছাড়তে হবে। যদি একাধিক মাত্রা গ্রহণের দরকার হয় তবে কমপক্ষে ১ মিনিট অপেক্ষা করার পর ৩ থেকে ৬ খাপ পর্যন্ত পদ্ধতি গুলো পুনরাবৃত্তি করতে হবে।

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যতটুকু পারেন পানি বেড়েই ফেলে দিন।

● Insert the canister into the actuator.

ক্যানিস্টারটি এ্যাকচুয়েটর এ ঢোকান।

● Shake and spray 2-test puffs into the air away from your face.

ঝাঁকুন এবং দুইটি পরীক্ষামূলক পাশ্ব মুখ থেকে দূরে বাতাসে করুন।

● Take the prescribed dose.

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● Rinse the actuator again following the cleaning procedure.

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7. Replace the mouthpiece cap after each use.

৭. ব্যবহারের পর কভারটি এ্যাকচুয়েটরের মুখের সঠিক জায়গায় ছুঁপান করতে হবে।

Precaution (সতর্কতা)

Pressurised canister, do not puncture, break or incinerate even when apparently empty. Avoid exposure to direct sunlight or heat. Do not store above 30° C. Keep away from eyes. Keep away from children.

চাপযুক্ত ক্যানিস্টার, আপাতদৃষ্টিতে খালি মনে হলেও ছিদ্র করা, ভাঙ্গা অথবা পোড়ানো যাবে না। সরাসরি সূর্যালোক বা তাপ থেকে দূরে রাখুন। ৩০° সে. তাপমাত্রার উপরে সংরক্ষণ করবেন না। চোখের সংস্পর্শে আসতে দেয়া যাবে না। শিশুদের নাগালের বাইরে রাখুন।

শয্যা জরুরী প্রয়োজনে ইনহেলার ব্যবহার সত্ত্বেও উপশম হবে না, তখন আপনি স্পেন্সার (একটি ডিভাইস যা আপনার ডাক্তার আপনাকে ইনহেলারের সাথে ব্যবহার করতে কলবেন) ব্যবহার করতে পারবেন।

Azmasol® Plus

HFA Inhaler
Salbutamol and Budesonide

Description

Azmasol® Plus is a combination of salbutamol, a beta₂-adrenergic agonist and budesonide, a corticosteroid, indicated for the as-needed treatment or prevention of bronchoconstriction and to reduce the risk of exacerbations in patients with asthma 18 years of age and older. Salbutamol relaxes the smooth muscles of all airways, from the trachea to the terminal bronchioles, while budesonide has a wide range of inhibitory activities against multiple cell types and mediators involved in inflammation.

Indication

Azmasol® Plus is indicated for the as-needed treatment or prevention of bronchoconstriction and to reduce the risk of exacerbations in patients with asthma 18 years of age and older.

Dosage and Administration

The recommended dosage of Azmasol® Plus is salbutamol 180 µg and budesonide 160 µg (administered as 2 actuations of Azmasol® Plus [salbutamol/budesonide 90 µg/80 µg]) as needed for asthma symptoms by oral inhalation. Do not take more than 6 doses (12 inhalations) in a 24-hour period. Prime Azmasol® Plus before using for the first time. To prime Azmasol® Plus, release 4 sprays into the air away from the face, shaking well before each spray. Azmasol® Plus must be re-primed when the inhaler has not been used for more than 7 days, is dropped or after cleaning. To re-prime Azmasol® Plus, release 2 sprays into the air away from the face, shaking well before each spray.

Contraindication

Azmasol® Plus is contraindicated for patients showing hypersensitivity to salbutamol, budesonide, or to any of the excipients.

Adverse Reactions

Significant adverse reactions may include: deterioration of asthma, paradoxical bronchospasm, cardiovascular effects, hypersensitivity reactions, including anaphylaxis, hypokalemia, immunosuppression and risk of infections, oropharyngeal candidiasis, hypercorticism and adrenal suppression, reduction in bone mineral density, glaucoma and cataracts, effects on growth in pediatric patients.

Warning & Precaution

Asthma may deteriorate acutely over a period of hours or chronically over several days or longer. If the patient continues to experience symptoms after using Azmasol® Plus or requires more doses of Azmasol® Plus than usual, this may be a marker of destabilization of asthma and requires evaluation of the patient and their treatment regimen.

Azmasol® Plus can produce paradoxical bronchospasm, which may be life threatening. If paradoxical bronchospasm occurs following dosing with Azmasol® Plus, it should be discontinued immediately, and alternative therapy should be instituted. Azmasol® Plus, like other drugs containing beta₂-adrenergic agonists, can produce clinically significant cardiovascular effects in some patients as measured by increases in pulse rate, blood pressure, and/or other symptoms. If such effects occur, Azmasol® Plus may need to be discontinued. As with other inhaled drugs containing beta₂-adrenergic agents, Azmasol® Plus should not be used more than the maximum daily as an overdose may result. Clinically significant cardiovascular effects and fatalities have been reported in association with excessive use of inhaled sympathomimetic drugs. Hypersensitivity reactions can occur after administration of salbutamol sulfate and budesonide, components of Azmasol® Plus, as demonstrated by cases of anaphylaxis, angioedema, bronchospasm, oropharyngeal edema, rash, and urticaria. Discontinue Azmasol® Plus if such reactions occur. Azmasol® Plus, like all therapies containing sympathomimetic amines, should be used with caution in patients with convulsive disorders, hyperthyroidism, or diabetes mellitus and in patients who are unusually responsive to sympathomimetic amines. Beta₂-adrenergic agonist medicines may produce significant hypokalemia in some patients, possibly through intracellular shunting, which has the potential to produce adverse cardiovascular effects. Patients who are using drugs that suppress the immune system are more susceptible to infection. Chicken pox and measles, for example, can have a more serious or even fatal course in susceptible patients using corticosteroids. In patients who have not had these diseases or been properly immunized, particular care should be taken to avoid exposure.

Precaution (সতর্কতা)

Pressurised canister, do not puncture, break or incinerate even when apparently empty. Avoid exposure to direct sunlight or heat. Do not store above 30° C. Keep away from eyes. Keep away from children.

চাপযুক্ত ক্যানিস্টার, আপাতদৃষ্টিতে খালি মনে হলেও ছিদ্র করা, ভাঙ্গা অথবা পোড়ানো যাবে না। সরাসরি সূর্যালোক বা তাপ থেকে দূরে রাখুন। ৩০° সে. তাপমাত্রার উপরে সংরক্ষণ করবেন না। চোখের সংস্পর্শে আসতে দেয়া যাবে না। শিশুদের নাগালের বাইরে রাখুন।

শয্যা জরুরী প্রয়োজনে ইনহেলার ব্যবহার সত্ত্বেও উপশম হবে না, তখন আপনি স্পেন্সার (একটি ডিভাইস যা আপনার ডাক্তার আপনাকে ইনহেলারের সাথে ব্যবহার করতে কলবেন) ব্যবহার করতে পারবেন।

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Pharmaceutical Precautions

Pressurised canister, do not puncture, break or incinerate even when empty as canister may explode. Avoid exposure to direct sunlight or heat. Clean your inhaler regularly as per direction. Do not store above 30° C. Keep in a dry place. Protect from light and keep out of the reach of children. Keep away from eyes. Use within six months after removing from foil pouch. For best results, the canister should be at room temperature before use. Shake well before each use.

Commercial Pack