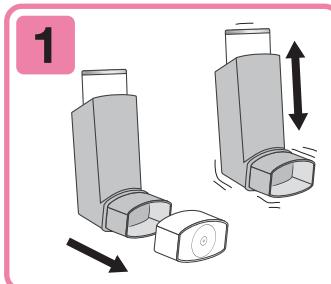


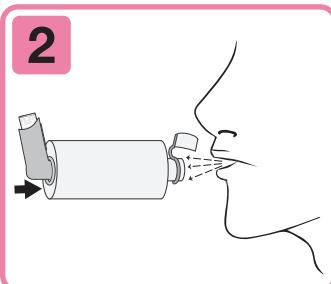
## FAAPEFEA ONA FAAOGĀ LAU PAMUSELA FAATASI MA LE FAGU (SPACER)

E sili atu ona lelei pe a faaaogā faatasi le pamusela ma le fagu (spacer) auā o le a tele ai se vaega o le vailau e oo atu i ou māmā nai lo le tulaga e iai pe a faaaogā na o le pamusela. Afai e iai sau fagu (spacer) ona faaaogā lea o faatonuga o loo mulimuli mai:

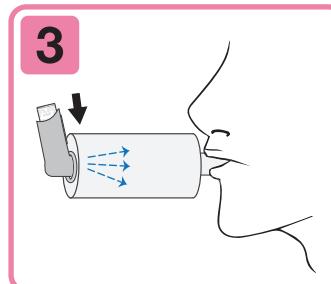
SAMOAN



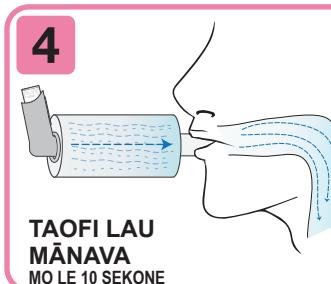
1. Aveese le momono uga talipefu mai le gutu o le pamusela ma siaki le gutu o le pamusela poo mama. Siaki numera o inumaga pe afai o loo i ai i laru pamusela. Afai e manaomaina, ona faatoa faaaoga, pe ua umi ona le faaaogaina laru pamusela, ia lulu lelei ona fana faalua lea agai i le ea aveese mai i ou foliga.



2. Tuu i totolu i le pu o loo i le isi itu, feagai tonu ma le gutu o le fagu (spacer) le pamusela. Matuā mānava i fafo mai lou gutu.

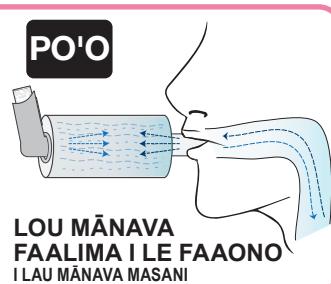


3. Tuu le gutu o le fagu (spacer) i lou gutu, faaeteete aua nei e uiina a ia kavaina e ou laugutu le gutu o le fagu (spacer). La oomiina le fagu vailau o loo i totolu o le pamusela FAATASI ina ia aveese mai ai le feulaga e tasi i totolu o le fagu (spacer).



**TAOFI LAU MĀNAVA MO LE 10 SEKONE**

4. Mānava i totolu i lou gutu ona taofi lea o laru mānava mo le sefulu sekone. A o taofi laru mānava, aveese mai lou gutu mai le gutu o le fagu (spacer). Mānava lemu i fafo.



**PO'O**  
**LOU MĀNAVA FAALIMA I LE FAAONO ILAU MĀNAVA MASANI**

**PO'O** lou mānava faalima i le faaono ao i ai le fagu (spacer) i lou gutu. Aveese le fagu (spacer) mai lou gutu ona e mānava lemu lea i fafo.



AFAI E TE MANAOPIA SE ISI FEULAGA, TOE FAI SITEPU 2 E OO I LE 4

5. Afai e te manaomia se isi feulaga, toe fai sitepu 2 e oo i le 4. Aua nei e faatopetopeina sitepu 2, 3 ma le 4. Manatua ia e lulu lelei laru pamusela i va o inumaga.



FAUTUAGA VAVE  
la fufulu laru fagu (spacer) i vaiaso uma. Faamolemole, tagai ane i faatonuga mo le fufuluina, lena na avatu faatasi ma laru fagu (spacer).

### MEA TĀUA

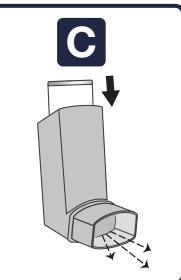
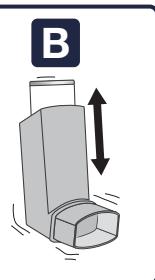
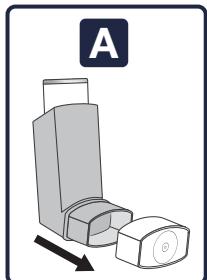
E sili ona lelei pe a faaaoga faatasi spacer ma pamusela. Faaaoga faatasi se spacer ma laru preventer poo pamusela na ua tuufaatasia ai vailau mo le fuaina o feulaga. E matua fautuaina lava le faaaogaina faatasi o se spacer ma laru pamusela e faatoa filemu ai pe afai ae oso faafusei le maisela.

Afai e i ai ni au faasea poo ni au faafitauli e uiga i lou faaaogaina o le pamusela e tatau ona e talanoa i laru fomai. Ae afai e ese le fasinoala na aveatu e laru fomai, faamolemole ia e mulimuli i nei faatonuga ma le faaeteete.

### SAUNIUNIGA O LAU PAMUSELA

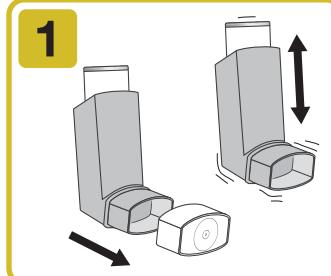
Sauniuni laru pamusela a'o e lei faaaogaina mo le taimi muamua pe e lei faaaogaina foi le pamusela mo le tele o vaiaso.

Taofi le pamusela agai i luga ma aveese lona momono uga talipefu mai le gutu o le pamusela. Lulu ma oomi fagu vailau o loo i totolu o le pamusela ma fana faalua agai i le ea aua le sauniuniga o le pamu.



REX Medical Ltd  
P O Box 18-119, Glen Innes,  
Auckland 1743, New Zealand  
Phone +64 9 574 6060 Fax +64 9 574 6070  
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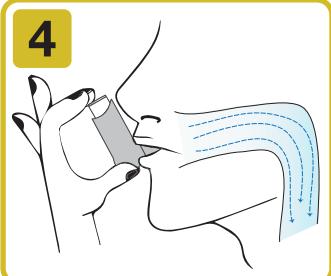
1. Aveese le momono uga talipefu mai le gutu o le pamusela ma siaki le gutu o le pamusela poo mama. Siaki numera o inumaga pe afai o loo i ai i laru pamusela. Afai e manaomia pe afai faatoa faaaoga, pe ua umi ona le faaaogaina laru pamusela, ia lulu lelei ma sauniuni.



2. U'u mau le pamu e ala i le faaaogā o sou tamatama ilima e tasi pe lua e taofi ai le vaega pito i luga, ae apo atu e lou limamatua le pito i lalo. Matuā mānava i fafo mai lou gutu.



3. Faatulaga i lou fofoga le vaega o le pamu lea e tuu i le gutu, faaeteete ia aua nei e uiina, ae faamapuni loa ou laugutu e taofi ai le vaega lea e tuu i lou gutu.



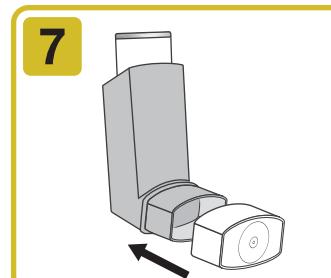
4. Amata ona e mānava i totolu i lou gutu ona oomi lea i lalo o le vaega pito i luga e faamataa mai ai se feulaga se tasi a o faaauau pea ona e matua mānavanava loloa i totolu.



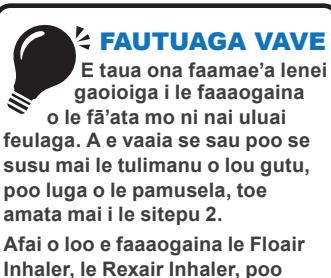
5. Aveese le pamu mai lou gutu ae taofi laru mānava mo se 10 sekone, poo se umi e talafeagai malau faalogo. Mānavanava lemu mai loa i fafo.



6. Afai e te manaomia se isi feulaga, toe fai sitepu 2 e oo i le 5. Aua nei e faatopetopeina sitepu 2, 3, 4 ma le 5. Manatua ia e lulu lelei laru pamusela i va o feulaga.



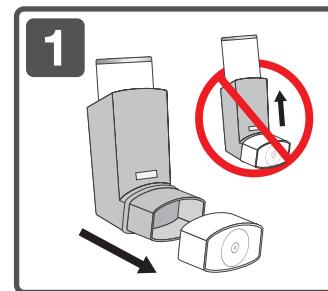
7. A uma ona faaaogā, toe kava lea o le gutu o le pamu i lona momono talipefu ma siaki pe ua mau lelei.



**FAUTUAGA VAVE**  
E taua ona faamae'a lenei gaoioiga i le faaaogaina o le fā'ata mo ni nai uluai feulaga. A e vaaia se sau poo se susu mai le tulimanu o lou gutu, poo luga o le pamusela, toe amata mai i le sitepu 2.  
Afai o loo e faaaogaina le Floair Inhaler, le Rexair Inhaler, poo leisi pamusela o le Corticosteroid, a uma ona e mimitiina laru pamusela ona pupu lea o lou gutu i se vai ma luai mai i fafo.

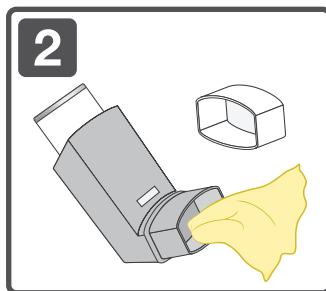
## FAAPEFEA ONA FUFULU LAU PAMUSELA

O le vaega uga o lau pamusela e tatau ona fufulu faatasi i le vaiaso, ia faaaogāina metotia o loo mulimuli mai:

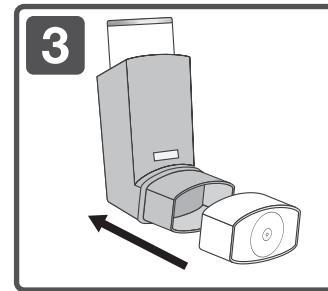


1. Aveese le momono uga talipefu mai le gutu o le pamusela.

**O LE FAGU VAILAAU UAMEA LEA E I TOTONU O LE PAMUSELA AUA NEI AVEESEINA.**



2. O le gutu o le pamusela ma le momono uga talipefu ia solo mama totonu ma fafo i se fasiieie mamā ma mago.



3. Toe faamaulu le momono uga talipefu i le gutu o le pamusela.



**AUA LAVA NE'I E FUFULUINA PE SOKA SOO SE VAEGA O LE PAMUSELA I LE VAI.**

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These medicines have risks and benefits. Read below for more details.

**SALAIR INHALER** contains 100 mcg Salbutamol, PRESCRIPTION MEDICINE. **Indication:** Salair Inhaler is indicated for the prevention and treatment of bronchospasm and acts on the  $\beta_2$  (beta-2) adrenoceptors of bronchial muscle at therapeutic doses, with little or no action on the  $\beta_1$  (beta-1) adrenoceptors of the heart. With its fast onset of action, it is particularly suitable for the management and prevention of attack in mild asthma and for the treatment of acute exacerbations in moderate and severe asthma. **Dosage and administration:** Salair Inhaler is for oral inhalation only. Salair Inhaler should not be used on demand more than four times per day. Please review the datasheet for the recommended doses of Salair Inhaler for children and adults. **Contraindications:** Management of threatened abortion and premature labour is contraindicated with Salbutamol formulations administered non intravenously. **Precautions/Warnings:** Patients with unstable or severe asthma should not rely on bronchodilators as the main or only form of treatment. Please review the datasheet available at [www.medsafe.govt.nz](http://www.medsafe.govt.nz) for full prescribing information.

**METEROL INHALER** with Dose Counter contains 25 mcg Salmeterol (as xinafoate), PRESCRIPTION MEDICINE. **Indication:** Meterol Inhaler is indicated in the regular therapy of asthma and prevention of bronchospasm in individuals aged 4 years and older with reversible obstructive airway disease, including those with symptoms of nocturnal asthma, when used in combination with a long-term asthma prevention medicine such as an inhaled corticosteroid. Meterol Inhaler is also indicated for exercise-induced bronchospasm and in the regular maintenance treatment of bronchospasm associated with chronic obstructive pulmonary disease. **Dosage and administration:** Meterol Inhaler is for oral inhalation only. Please review the datasheet for the recommended doses of Meterol Inhaler for children and adults. **Contraindications:** Meterol Inhaler is contraindicated in individuals with hypersensitivity to any of its components (please review excipient list). **Precautions/Warnings:** Meterol Inhaler should not be used (and is not sufficient) as the first treatment for asthma. Meterol Inhaler is not a substitute for inhaled or oral corticosteroids. Meterol Inhaler should not be used to treat acute asthma symptoms for which a fast and short-acting inhaled bronchodilator (e.g. Salbutamol) is required. Please review the datasheet available at [www.medsafe.govt.nz](http://www.medsafe.govt.nz) for full prescribing information.

**FLOAIR INHALER** with Dose Counter contains 50 mcg Fluticasone propionate, 125 mcg Fluticasone propionate, or 250 mcg Fluticasone propionate, PRESCRIPTION MEDICINE. **Indication:** Floair Inhaler is indicated for the long-term prevention of bronchospasm in adults or children with mild, moderate or severe asthma. Floair Inhaler is also indicated for adults or children with severe asthma dependent on oral corticosteroids for symptom control. Introduction of Floair Inhaler may allow the requirement for oral corticosteroids to be reduced or eliminated over time. **Dosage and Administration:** Floair Inhaler is for oral inhalation only. Please review the datasheet for the recommended doses of Floair Inhaler for children (cont.)

O ituaiga oloa eseese mo  
le tausiga o ala ea (maisela) ma itu tau i māmā (COPD)



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MO NISI  
FAAMATALAGA



**SAMOAN  
FAATONUGA O  
LE PAMUSELA  
MO TAGATA  
MATUTUA**

# FAATONUGA O LE PAMUSELA MO TAGATA MATUTUA

- Faapefea ona faaaogā lau pamusela faatasi ma le fagu (spacer)
- Faapefea ona faaaogā lau pamusela e aunoa ma le fagu (spacer)
- Faapefea ona fufulu lau pamusela

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