

For asthma and COPD*:
FOSTER® 100/6 dosage aerosol

Inhaling properly step by step

Dose counter:

The pack contains the cartridge with the twofold active ingredient combination loose in the plastic inhaler. Before you use it for the first time, the dose counter window indicates the value "121". To test it, press the active-ingredient cartridge firmly into the plastic inhaler to trigger a first puff. Then the dosage aerosol is ready for use and the dose counter indicates the value "120".

When the value "20" is indicated, you should think about asking your doctor to prescribe a new inhaler for you. Do not use the inhaler any more if the value indicated is "0", as the quantity remaining in the container could no longer be enough for a full dosage.

Cleaning:

Wipe the outer and inner sides of the mouthpiece 1 x per week with a dry towel (no water).

Shelf life:

On the pack there is an adhesive label on which your pharmacist has noted the submission date. As from this date, the medication has a shelf life of a further 5 months at normal room temperature. Do not store FOSTER® 100/6 at above 25°C and do not expose it to sun or frost.

For more information, please consult the patient information leaflet.

Your dosage in the case of asthma*

<p><input type="checkbox"/> FOSTER® 100/6 DOSAGE AEROSOL + OTHER ON-DEMAND MEDICATION</p> <p>FOSTER® 100/6 PER DAY (MAX. 4 INHALATIONS):</p> <p>in the morning: <input type="text"/> inhalation(s)</p> <p>in the evening: <input type="text"/> inhalation(s)</p> <p>+ in case of need**:</p> <p><input type="text"/> (preparation)</p> <p>max. <input type="text"/> Inhalation(s) per day</p>	<p><input type="checkbox"/> FOSTER® 100/6 DOSAGE AEROSOL AS PERMANENT AND ON-DEMAND THERAPY ("MART THERAPY")</p> <p>FOSTER® 100/6 per day:</p> <p>in the morning: 1 Inhalation</p> <p>in the evening: 1 Inhalation</p> <p>+ in case of need**: FOSTER® 100/6 max. 6 inhalations per day</p> <p>Total max. 8 inhalations per day</p>
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Your dosage in the case of COPD*

FOSTER® 100/6 dosage aerosol

FOSTER® 100/6 per day:

in the morning: 2 inhalations in the evening: 2 inhalations



Inhaling properly in 6 easy steps



1 Before inhalation, please check the dose counter, then remove the protective cap from the mouthpiece and check whether the mouthpiece is free from foreign matter.



2 Exhale slowly and deeply – do not breathe into the inhaler.



3 Hold the inhaler with the thumb and fore- or middle finger. Enclose the mouthpiece with your lips and incline your head slightly backwards.



4 Press the active ingredient cartridge downwards in order to trigger the puff while simultaneously inhaling deeply and slowly through the mouth.



5 Hold your breath for 5-10 seconds or for as long as you can without difficulty.



6 Exhale through the nose or through your almost-closed lips (pursed-lips breathing). Put the protective cap on and again check the dose counter, which counts down with each puff.