

For asthma\*:  
FOSTER® 200/6 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 the first application, the dose counter indicates the value "121". To test it, press the active-ingredient cartridge firmly into the plastic inhaler. Then the dosage aerosol is ready to use and the dose counter indicates the value "120".

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

### Cleaning:

Wipe the outer and inner sides of the mouthpiece 1x 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 can be used for only 5 more months at normal room temperature. Do not store FOSTER® 200/6 at above 25°C and do not expose it to sun or frost.

**For more information, please consult the patient information leaflet.**



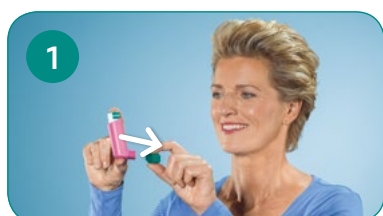
### Your dosage

FOSTER® 200/6 dosage aerosol  
4 inhalations per day:

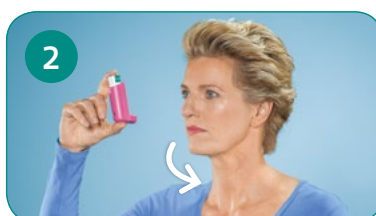
in the morning: 2 inhalations  
in the evening: 2 inhalations



## Inhaling in 6 easy steps



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



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



3 Hold the inhaler with your thumb and fore- or middelfinger. Enclose the mouthpiece with your lips and tilt your head back slightly.



4 Press the active-ingredient cartridge downwards in order to trigger the puff while you 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 slowly through the nose or your almost-closed lips (pursed-lips exhaling). Put the protective cover on and again check the dose counter, which counts down with every puff.