SEREFLO

synchrObreathe

Breath-Actuated Inhaler with dose counter

S4 Reg. No. 42/21.5.4/0218

Sereflo 25/50 HFA

S4 Reg. No. 42/21.5.4/0219

Sereflo 25/125 HFA

S4 Reg. No. 42/21.5.4/0220

Sereflo 25/250 HFA

Instruction Leaflet

Please read this leaflet completely before using the inhaler.

CFC-FREE

Namibia: NS2
Sereflo 25/50 HFA :10/21.5.4/0507
Sereflo 25/125 HFA: 10/21.5.4/0505
Sereflo 25/250 HFA: 10/21.5.4/0506

Botswana: S2
Sereflo 25/50 HFA : BOT1101866
Sereflo 25/125 HFA: BOT1101867
Sereflo 25/250 HFA: BOT1101865

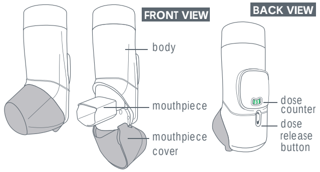
Cipla

CIPLA MEDPRO (PTY) LTD
Building 9, Parc du Cap,
Mispel Street, Bellville, 7530, RSA.

ABOUT THE synchrObreathe

Synchrobreathe is an easy to use, breath-actuated inhaler. This means it releases a dose automatically when you breathe in. **Synchrobreathe** comes with a dose counter which helps you to check how many doses are left in the inhaler.

PARTS OF THE synchrObreathe

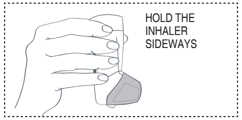


HOW TO USE synchrObreathe

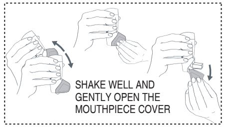
I. Testing the Synchrobreathe:

If you are using the Synchrobreathe for the first time or it has not been used for a week or more, then shake it well and 'test fire' it by releasing two puffs into the air.

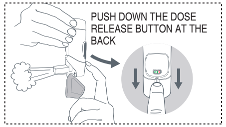
1. ***Shake and Open:***
Hold the Synchrobreathe sideways, as shown in the picture below.
Ensure that your fingers are away from the mouthpiece cover and not touching the dose release button at the back.



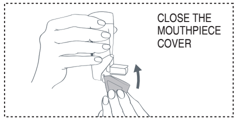
Shake your Synchrobreathe well, keeping the mouthpiece cover closed. Then **Open** your Synchrobreathe by **placing your fingers on the grooves on the sides of the mouthpiece cover** and **gently pulling the cover down.**



2. ***Fire a test dose:***
Hold your Synchrobreathe upright and point the mouthpiece away from you. Release a puff by pushing down the dose release button which is located at the back of the Synchrobreathe just below the dose counter.



3. ***Close:***
Close the mouthpiece cover.



To release another puff, repeat steps 1 to 3 above. Once 2 puffs have been released, your Synchrobreathe is now ready for use.

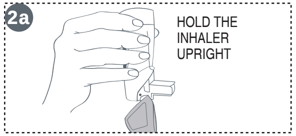
IMPORTANT:
- Test firing is ONLY needed if the inhaler is new or has not been used for more than one week.
- Always open the mouthpiece cover, gently.
- **Always close the mouthpiece cover immediately after test firing.** This prepares the Synchrobreathe for the next dose.
- Do not use the dose release button to take your medicine.

II. Using the Synchrobreathe

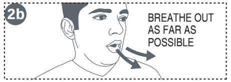
Step 1. *Shake and Open:*
- Hold the Synchrobreathe sideways, as shown in the picture below.
Ensure that your fingers are away from the mouthpiece cover and not touching the dose release button at the back.
- **Shake** your Synchrobreathe well, keeping the mouthpiece cover closed. Then **Open** your Synchrobreathe by **placing your fingers on the grooves on the sides of the mouthpiece cover** and **gently pulling the cover down.**

Step 2. *Breathe:*

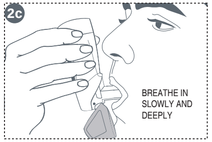
ⓐ While sitting or standing, hold the Synchrobreathe upright as shown.



ⓑ Breathe out normally as far as is comfortable, through your mouth.

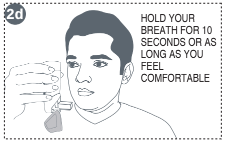


ⓒ Place the mouthpiece of the Synchrobreathe in your mouth; between your teeth and close your lips around it (do not bite). Start breathing in **slowly and deeply** through the mouthpiece. The Synchrobreathe will automatically release a dose when you begin to breathe in from the mouthpiece.

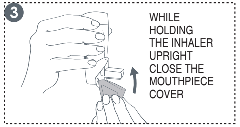


- Do not stop breathing in when you hear the click and whoosh, and feel the dose in your mouth. It is important to keep breathing in after the puff is released.

ⓓ Remove the Synchrobreathe from your mouth and hold your breath for 10 seconds, or for as long as is comfortable and then breathe out slowly.



Step 3. *Close:*
- After using your Synchrobreathe, hold it upright and close the mouthpiece cover immediately.



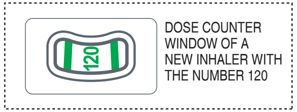
Taking another puff:
Repeat steps 1-3 to take the next puff from your Synchrobreathe.

After you finish taking your puffs, rinse your mouth with water & spit it out. Do not swallow.

IMPORTANT:
- Always close the mouthpiece cover immediately after every puff. This prepares the Synchrobreathe for the next use.

HOW TO KNOW WHEN IT IS TIME TO GET A NEW synchrObreathe

Synchrobreathe comes with a dose counter which is located at the back. The dose counter shows the number of puffs remaining. A new Synchrobreathe will show the number 120 in the window, indicating the total number of doses present.

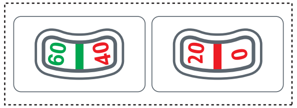


As you start using your Synchrobreathe, the dose counter will count down and indicate the number of puffs remaining.

Remember, the dose counter counts every dose but shows the number at intervals of 20. Thus, as the Synchrobreathe is used, the dose counter will count down and show the numbers 120, 100, 80, 60, 40, 20 and 0.

When there are 40 puffs remaining, the color of the number appearing in the window will change from green to red.

This indicates that only few doses are remaining in the Synchrobreathe.

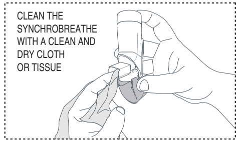


Before the dose counter displays a '0' you should get a new Sereflo Synchrobreathe or **ask your doctor if you need another one**. When the dose counter displays '0', this means that there is no more medicine left.

Discard your Synchrobreathe once the number in the window displays a '0'. The Synchrobreathe may not feel empty and it may continue to operate, but you will not get the right amount of medicine, if it is used after it displays '0'.

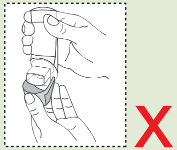
CLEANING THE synchrObreathe

- Clean the mouthpiece of your Synchrobreathe once a week.
- **Open** your Synchrobreathe by **placing your fingers on the grooves on the sides of the mouthpiece cover** and **gently pulling the cover down.**
- Wipe the mouthpiece with a clean dry cloth or tissue.
- Close the mouthpiece cover.



IMPORTANT:
- Do not push a cloth or anything else into any part of the Synchrobreathe. This may cause damage to its operating parts.
- The Synchrobreathe should NEVER be washed. It should always be kept dry.

REMEMBER:
- ➡ **Close the mouthpiece cover immediately after every inhalation.**
- ➡ **Do not open the mouthpiece cover with force nor rapidly as this may lead to the release of a dose.**
- ➡ **Don't open the mouthpiece cover by folding it down from the top as shown in the figure.**



- ➡ **Make sure that the mouthpiece cover is closed, when you shake the Synchrobreathe.**
- ➡ If you are not sure how to use the Synchrobreathe, talk to your doctor.
- ➡ If the recommended dose does not provide the desired effect consult your doctor.
- ➡ You should never stop using your Synchrobreathe unless your doctor has told you to do so.
- ➡ Do not pull apart the Synchrobreathe.
- ➡ Take care not to drop the Synchrobreathe inhaler, as it may affect its functioning.
- ➡ Do not change/tamper with the number on the dose counter.
- ➡ Do not spray in the eyes.
- ➡ Do not puncture or burn the Synchrobreathe even when it is empty as it is pressurised.

Storing the Synchrobreathe:
Store in a cool dry place, at or below 25 °C. Avoid storage in direct sunlight and heat. The canister in Synchrobreathe is pressurised.
The Synchrobreathe should not be broken, punctured or burnt, even when apparently empty.

KEEP OUT OF REACH OF CHILDREN.

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SEREFLO

synchrObreathe

Asem-aangedrewe Inhaleerder met dosis afteller

S4 Reg. Nr. 42/21.5.4/0218

Sereflo 25/50 HFA

S4 Reg. Nr. 42/21.5.4/0219

Sereflo 25/125 HFA

S4 Reg. Nr. 42/21.5.4/0220

Sereflo 25/250 HFA

Aanwysingspamflet:
Lees asseblief die hele pamflet voor u die inhaleerder gebruik.

CFC-FREE

Namibië: NS2
Sereflo 25/50 HFA :10/21.5.4/0507
Sereflo 25/125 HFA: 10/21.5.4/0505
Sereflo 25/250 HFA: 10/21.5.4/0506

Botswana: S2
Sereflo 25/50 HFA : BOT1101866
Sereflo 25/125 HFA: BOT1101867
Sereflo 25/250 HFA: BOT1101865

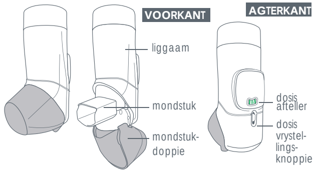
Cipla

CIPLA MEDPRO (EDMS) BPK
Gebou 9, Parc du Cap,
Mispelstraat, Bellville, 7530, RSA.

RAKENDE DIE synchrObreathe

Synchrobreathe is 'n asem-aangedrewe inhaleerder wat eenvoudig is om te gebruik. Dit beteken dat dit 'n dosis outomaties vrystel wanneer u inasem. **Synchrobreathe** is beskikbaar met 'n dosis afteller wat u help om te sien hoeveel dosisse in die inhaleerder oor is.

ONDERDELE VAN DIE synchrObreathe

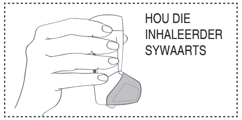


DIE GEBRUIK VAN synchrObreathe

I. Toets die Synchrobreathe:

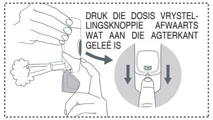
Indien u die Synchrobreathe vir die eerste keer gebruik, of indien dit nie vir 'n week of meer gebruik was nie, skud dit goed en 'toetsvuur' dit deur twee sproeidampies in die lug vry te stel.

1. ***Skud en Oopmaak:***
Hou die Synchrobreathe sywaarts, soos aangedui in die prentjie hieronder.
Maak seker dat u vingers weg van die mondstukdoppie is en nie aan die dosis vrystellingsknoppie aan die agterkant raak nie.

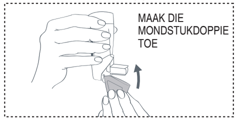


Skud u Synchrobreathe deeglik, terwyl die mondstukdoppie toe is. Maak dan u Synchrobreathe **Oop** deur u **vingers op die groewe aan die kante van die mondstukdoppie** te plaas en die **doppie liggies af te trek.**

2. ***Toetsvuur 'n dosis:***
Hou u Synchrobreathe regop en wys die mondstuk weg van u af. Stel 'n sproeidampie vry deur die dosis vrystellingsknoppie, wat aan die agterkant van die Synchrobreathe, net benede die dosis afteller geleë is, afwaarts te druk.



3. ***Toemaak:***
Maak die mondstukdoppie toe.



Om nog 'n sproeidampie vry te stel, herhaal stappe 1 tot 3 hierbo. Sodra 2 sproeidampies vrygestel is, is u Synchrobreathe gereed vir gebruik.

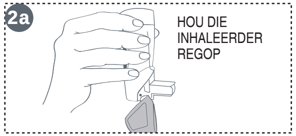
BELANGRIK:
- Dit is SLEGS nodig om te toetsvuur indien die inhaleerder nuut is of nie vir meer as 'n week gebruik was nie.
- Maak altyd die mondstukdoppie liggies oop.
- **Maak altyd die mondstukdoppie toe onmiddellik nadat u getoetsvuur het.** Dit berei die Synchrobreathe voor vir die volgende dosis.
- Moenie die dosis vrystellingsknoppie gebruik om u medisyne te neem nie.

II. Gebruik van die Synchrobreathe:

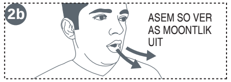
Stap 1. ***Skud en Oopmaak:***
- Hou die Synchrobreathe sywaarts, soos aangedui in die prentjie hieronder. Maak seker dat u vingers weg van die mondstukdoppie is en nie aan die dosis vrystellingsknoppie aan die agterkant raak nie.
- **Skud** u Synchrobreathe deeglik, terwyl die mondstukdoppie toe is. Maak dan u Synchrobreathe **Oop** deur u **vingers op die groewe aan die kante van die mondstukdoppie** te plaas en die **doppie liggies af te trek.**

Stap 2. ***Haal asem:***

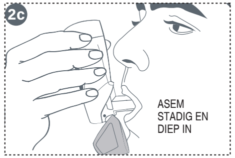
(a) Terwyl u sit of regop staan, hou die Synchrobreathe regop soos aangedui.



(b) Asem normaalweg uit so ver as gemaklik, deur u mond.



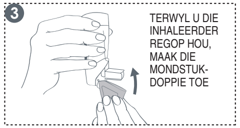
(c) Plaas die mondstuk van die Synchrobreathe in u mond; tussen u tande en sluit u lippe rondom dit (moenie dit byt nie). Begin **stadig en diep** in te asem deur die mondstuk. Die Synchrobreathe sal outomaties 'n dosis vrystel wanneer u begin om deur die mondstuk in te asem.



- Moenie ophou inasem wanneer u die klik en sproeibeweging hoor en die dosis in u mond voel nie. Dit is belangrik om aan te hou inasem nadat die sproeidampie vrygestel is.

(d) Verwyder die Synchrobreathe uit u mond en hou u asem op vir 10 sekondes, of vir so lank as wat gemaklik is en asem dan stadig uit.

Stap 3. ***Toemaak:***
- Nadat u u Synchrobreathe gebruik het, moet u dit regop hou en die mondstukdoppie onmiddellik toemaak.



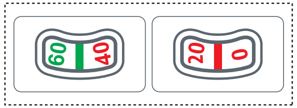
Om nog 'n sproeidampie te neem:
Herhaal stappe 1 - 3 om die volgende sproeidampie met u Synchrobreathe te neem.
Nadat u klaar u sproeidampies geneem het, spoel u mond met water & spoeg dit uit. Moenie dit sluk nie.

BELANGRIK:
- Maak altyd die mondstukdoppie onmiddellik toe na elke sproeidampie. Dit berei die Synchrobreathe voor vir die volgende gebruik.

WANNEER DIT TYD IS VIR 'N NUWE synchrObreathe

Synchrobreathe is beskikbaar met 'n dosis afteller wat aan die agterkant geleë is. Die dosis afteller toon die hoeveelheid sproeidampies wat oorbly. 'n Nuwe Synchrobreathe sal die getal 120 in die venster toon, wat die totale aantal dosisse teenwoordig aandui.

Soos wat u u Synchrobreathe begin gebruik, sal die dosis afteller aftel en die aantal oorblywende sproeidampies aandui.
Onthou, die dosis afteller tel elke dosis maar toon die aantal in intervalle van 20 aan. Soos die Synchrobreathe gebruik word, sal die dosis afteller dus aftel en die getalle 120, 100, 80, 60, 40, 20 en 0 toon.
Wanneer daar 40 sproeidampies oorbly, sal die kleur van die getal wat in die venster vertoon van groen na rooi verander.
Dit dui daarop dat daar slegs 'n paar dosisse in die Synchrobreathe oorbly.

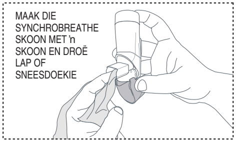


Voordat die dosis afteller 'n '0' vertoon moet u 'n nuwe Sereflo Synchrobreathe kry of **u dokter raadpleeg of u nog een benodig**. Wanneer die dosis afteller '0' vertoon, beteken dit dat daar nie meer medisyne oor is nie.

Doen weg met u Synchrobreathe sodra die getal in die venster 'n '0' vertoon. Die Synchrobreathe mag dalk nie leeg voorkom nie en dit mag voortgaan om te werk, maar u sal nie die regte hoeveelheid medisyne ontvang indien dit gebruik word na dit 'n '0' vertoon nie.

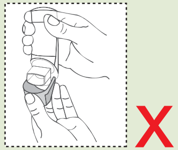
Skoonmaak van die synchrObreathe

- Maak die mondstuk van u Synchrobreathe een keer per week skoon.
- Maak u Synchrobreathe **oop** deur u **vingers op die groewe aan die kante van die mondstukdoppie** te plaas en die **doppie liggies af te trek.**
- Vee die mondstuk met 'n skoon, droë lap of sneesdoekie af.
- Maak die mondstukdoppie toe.



BELANGRIK:
- Moenie 'n lap of enigiets anders in enige deel van die Synchrobreathe indruk nie. Dit kan skade aan die werkende onderdele veroorsaak.
- Die Synchrobreathe moet NOOIT gewas word nie. Dit moet ter alle tye droog gehou word.

ONTHOU:
- ➡ **Maak die mondstukdoppie onmiddellik toe na elke inaseming.**
- ➡ **Moenie die mondstukdoppie hard of vinnig oopmaak nie, aangesien dit tot die vrystelling van 'n dosis kan lei.**
- ➡ **Moenie die mondstukdoppie oopmaak deur dit van bo-af af te slaan, soos in die figuur, nie.**



- ➡ **Maak seker dat die mondstukdoppie toe is terwyl u die Synchrobreathe skud.**
- ➡ Indien u nie seker is hoe om die Synchrobreathe te gebruik nie, bespreek dit met u dokter.
- ➡ Indien die aanbevole dosis nie die gewenste effek verskaf nie, raadpleeg u dokter.
- ➡ U moet nooit ophou om u Synchrobreathe te gebruik nie, tensy u dokter u aanbeveel om dit te doen.
- ➡ Moenie die Synchrobreathe uitmekaar haal nie.
- ➡ Wees versigtig om nie die Synchrobreathe inhaleerder te laat val nie, aangesien dit die funksionering daarvan kan affekteer.
- ➡ Moenie aan die getal op die dosis afteller verander/peuter nie.
- ➡ Moenie in u oë spuit nie.
- ➡ Moenie die Synchrobreathe deursteek of verbrand nie, selfs nie as dit leeg is nie, aangesien dit onder druk verkeer.

Berging van Synchrobreathe:
Bewaar in 'n koel, droë plek teen of benede 25 °C.
Vermy berging in direkte sonlig of hitte.
Die metaalhouer in Synchrobreathe is onder druk.
Die Synchrobreathe moenie gebreek, deursteek of verbrand word nie, selfs nie as dit oënskynlik leeg is nie.
HOU BUITE BEREIK VAN KINDERS.

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