

How to Use Respimat

Patient Education Guide



Learn with - An Interactive training - Engaging animations - Your web cam

Good Inhaler Technique: -Increases medicine effect - Reduces medicine cost - Reduces ER Visits

www.use-inhalers.com

- For cleaning and priming refer to the patient instructions that accompanies your inhaler.
- Following these step by step instructions will help you to inhale medicine effectively.



Step1: Hold the Respimat straight up.



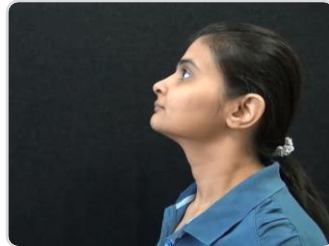
Step2: Turn the transparent base in the direction of the arrow. You'll hear a click.



Step3: Open the cap. You'll hear a click.



Step4: Sit straight or stand up.



Step5: Tilt your head back slightly.



Step6: Exhale away from the inhaler.



Step7: Keep Respimat in your mouth. Start taking a slow and deep breath. And press the "dose dispensing" button, at the same time.



Step8: Hold your breath for 10 seconds. Exhale slowly through your mouth or nose.



Step9: Close the inhaler.

Tip: Remember to rinse your mouth thoroughly after taking your dose and spit out the water.

Use-inhalers website is a great resource for Asthma and COPD patients. Learn how to use your Inhaler with interactive audio-visual instructions. Practice using the innovative webcam feature.

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