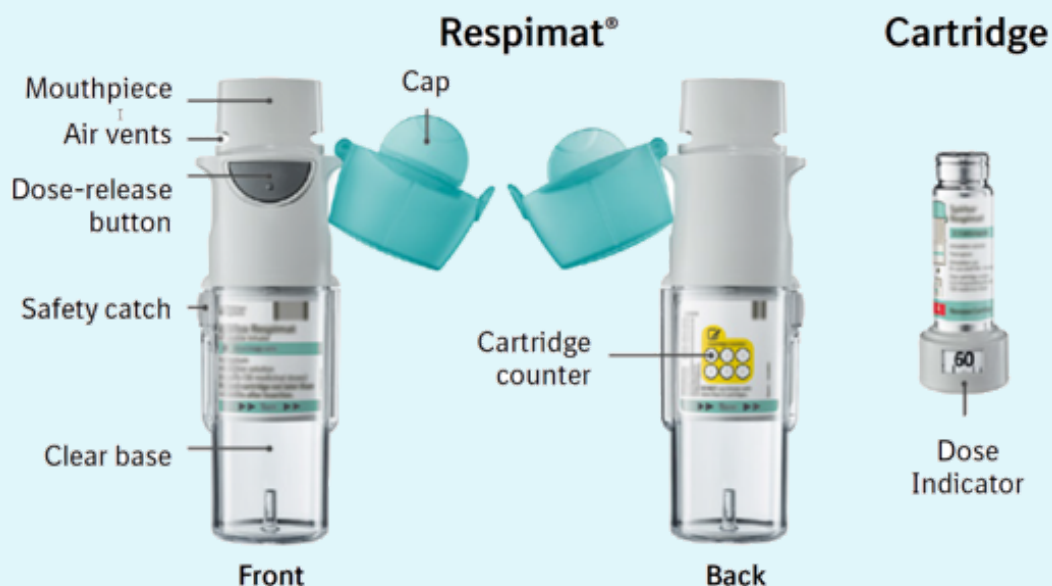


How to Use a Soft-mist Metered Dose Inhaler - Respimat

You have been prescribed an inhaled medication that is delivered through a soft-mist metered dose inhaler, called a Respimat. Please follow these instructions when taking your medication.

How to Get your Respimat Ready for Use:

1. Remove the clear base
 - a. Keep the mouthpiece cap closed
 - b. Press the safety catch located on the side of the clear base and then pull off the clear base with your other hand.
2. Insert the cartridge
 - a. Insert the cartridge into the base so that the side with the lip is sticking out.
 - b. Place the inhaler on a firm surface with the cartridge at the bottom and press down firmly until it clicks in place. The lip will still be sticking out a bit.



Priming your Respimat: T-O-P

- **Turn**
 - Keep the mouthpiece cap closed
 - Hold on to the mouthpiece in one hand and turn the clear base with the other hand in the direction of the arrows on the label until it clicks (half a turn).
- **Open** the mouthpiece cap until it snaps fully open
- **Press**
 - Point the inhaler toward the ground.
 - Press the dose-release button (darker gray)
 - Repeat the first two steps until a cloud or mist is visible.
 - After a cloud is visible, repeat the first two steps three more times.



How to use your Respimat with a chamber: T-O-P

- **Turn**
 - Keep the mouthpiece cap closed
 - Hold on to the mouthpiece in one hand and turn the clear base with the other hand in the direction of the arrows on the label until it clicks (half a turn). The dose-release button will now be raised.
- **Open** the mouthpiece cap until it snaps fully open
 - Place the mouthpiece in the end of the chamber making sure to not cover the air vents located on the mouthpiece.
 - Take a deep breath in, turn your head away from the inhaler, and then breathe out slowly and fully.
 - Place the mouthpiece of the chamber in your mouth and close your lips around the mouthpiece making sure that your teeth and tongue are not blocking the mouthpiece.
- **Press**
 - While taking a slow, deep breath through your mouth, PRESS the dose-release button and continue to breathe in slowly for as long as you can.
 - Repeat turn, open, press for a total of 2 puffs.
 - Close the cap until you use your inhaler again.



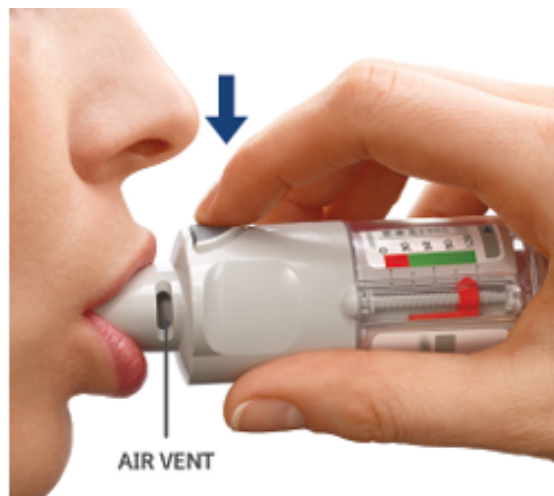
How to use your Respimat with a chamber and mask: T-O-P

- **Turn**
 - Keep the mouthpiece cap closed
 - Hold on to the mouthpiece in one hand and turn the clear base with the other hand in the direction of the arrows on the label until it clicks (half a turn). The dose-release button will now be raised.
- **Open** the mouthpiece cap until it snaps fully open
 - Place the mouthpiece in the end of the chamber and mask making sure to not cover the air vents located on the mouthpiece.
 - Take a deep breath in, turn your head away from the inhaler, and then breathe out slowly and fully.
 - Place the mask over your mouth and nose making sure that there is a good seal.
- **Press**
 - While taking a slow, deep breath through your mouth, PRESS the dose-release button and continue to breathe in and out slowly for ten breaths.
 - Repeat turn, open, press for a total of 2 puffs.
 - Close the cap until you use your inhaler again.



How to use your Respimat without a chamber: T-O-P

- **T**urn
 - Keep the mouthpiece cap closed
 - Hold on to the mouthpiece in one hand and turn the clear base with the other hand in the direction of the arrows on the label until it clicks (half a turn). The dose-release button will now be raised.
- **O**pen the mouthpiece cap until it snaps fully open
 - Take a deep breath in, turn your head away from the inhaler, and then breathe out slowly and fully.
 - Close your lips around the mouthpiece without covering the air vents found at the side of the mouthpiece.
- **P**ress
 - While taking a slow, deep breath through your mouth, PRESS the dose-release button and continue to breathe in slowly for as long as you can.
 - Repeat turn, open, press for a total of 2 puffs.
 - Close the cap until you use your inhaler again.



Resources

Respimat Website: <https://www.respimat.com/>

Spiriva Respimat Website: <https://www.spiriva.com/asthma>

How to Use a Respimat: chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.respimat.com/sites/default/files/2021-06/Instructions_for_use_Respimat_disposable_4.pdf

National Jewish Health - Using A Respimat:

<https://www.nationaljewish.org/conditions/health-information/multimedia/devices-to-inhale-medication/using-a-respimat>

