

HOW TO USE A RESPIMAT

Using your inhaler properly is important when you have asthma or COPD.



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Medications

A *Respimat* is used with a number of different medications. These include:

- *Combivent* (ipratropium plus olodaterol)
- *Spiriva* (tiotropium)
- *Spiolto* (tiotropium plus olodaterol)
- *Striverdi* (olodaterol)



Loading before first use

- The *Respimat* cartridge needs to be loaded before using the inhaler for the first time. If that has not been done, follow the steps for *Respimat* (loading before first use).

Daily use of *Respimat*

- The *Respimat* cartridge needs to be loaded before using the inhaler for the first time. For regular use of the *Respimat* after the cartridge has been loaded, follow the steps for *Respimat* (daily use after loaded).

Checklist for *Respimat* (loading before first use)

1. Keep the cap closed.
2. Remove clear base: press safety catch while firmly pulling off base with other hand.
3. Insert the narrow end of the cartridge into the inhaler.
4. Place the inhaler on a firm surface and push down firmly until it snaps into place.
5. Put the clear base back into place until it clicks.
6. Turn the clear base in the direction of the arrows on the label until it clicks (half a turn).
7. Open the cap until it snaps fully open.
8. Point the inhaler toward the ground. Then press the dose-release button.
9. Close the cap.
10. Repeat steps 6–9 until you see a cloud coming out when you press the dose-release button.
11. Repeat steps 6–9 three more times.

Checklist of Steps (daily use after loaded)

1. Hold inhaler upright with the cap closed
2. Turn base in direction of arrows on label until it clicks (half a turn).
3. Open the cap until it snaps fully open.
4. Breathe out gently (away from inhaler).
5. Put mouthpiece in mouth and close lips to form a good seal. (Do not cover air vents.)
6. Start to breathe in slowly and deeply through mouth and, at the same time, press down on the dose button.
7. Continue to breathe in slowly and deeply.
8. Hold breath for 5 seconds or as long as comfortable.
9. While holding breath, remove inhaler from mouth.
10. Breathe out gently (away from inhaler).
11. Close cover to click shut.
12. Two inhalations is the usual dose for medicines used with Respimat. Repeat from step 1 to get the full dose.

Potential errors include-Exhaling into the device

-Mis-timing inhalation & pressing dose button

-Not replacing the mouthpiece cover after inhaling