How to Use Respimat
Patient Education Guide

Learn with - An Interactive training - Engaging animations - Your web cam
Good Inhaler Technique - Increases medicine effect - Saves of cost of medicine - Reduces ER Visits

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- 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.

Step 1: Hold the Respimat straight up.
Step 2: Turn the transparent base in the direction of the arrow. You'll hear a click.
Step 3: Open the cap. You'll hear a click.
Step 4: Sit straight or stand up.
Step 5: Tilt your head back slightly.
Step 6: Exhale away from the inhaler.
Step 7: Keep Respimat in your mouth. Start taking a slow and deep breath. And press the "dose dispensing" button, at the same time.
Step 8: Hold your breath for 10 seconds. Exhale slowly through your mouth or nose.
Step 9: 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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