

# 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

[www.use-inhalers.com](http://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.



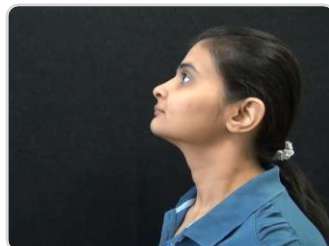
**Step2:** Turn the transparent base in the direction of the arrow. You'll hear a click.



**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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