

# How To Use Your Respimat Device

containing the following medication: \_\_\_\_\_



Respimat device  
(exact colour will vary)

## Why use this sheet?

This sheet contains important information to help you use the inhaler device properly. Keep it in a place where you can find it. This sheet also indicates how the inhaler will help you and reminds you of how many puffs to take and how often.

## How using this inhaler will help me:

By taking my \_\_\_\_\_ I will:

- Improve the symptoms that I have such as: \_\_\_\_\_
- \_\_\_\_\_

## How many puffs do I need to take and how often:

My dosing regimen is: \_\_\_\_\_ puffs \_\_\_\_\_ per day Date: \_\_\_\_\_

## How do I know when to get a new inhaler?

When the pointer enters the RED scale there are less than 30 doses left. When it hits zero the whole device will lock up so you can't turn it. Take empty inhaler to your Pharmacy for recycling. **Ask your pharmacist to PRIME the inhaler for you as this can be difficult to do.**

See over for step by step instructions

# Inhaler Administration Steps

## Prepare the device

1. Turn the clear base until it click (half a turn).
2. Open the cap.

## Get ready to inhale

3. Turn the clear base until it click (half a turn).
4. Open the cap.
5. Breathe out fully away from the device.
6. Put the mouthpiece in your mouth between your teeth and close your lips around it to make a good seal.
7. Start to take a slow, deep breath through your mouth.
8. Press the dose release button and continue to breathe in slowly for as long as you can until you feel your lungs are full.
9. Hold your breath for 5 to 10 seconds.
10. Repeat steps 1 to 7 as prescribed.

**If you have any questions about how to use this, take your device and ask your local community pharmacist to check your technique.**  
**You can also watch videos at [www.lung.ca](http://www.lung.ca)**

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