

How to use the Respimat

1. The pharmacist will prepare and load the device for first use.
2. Hold the inhaler upright with the cap closed
3. Turn the base in the direction of the arrows until it clicks (half a turn). Open the cap until it snaps fully open
4. Breathe out gently away from the mouthpiece
5. Hold mouthpiece at right angles to the mouth and place between the teeth, close lips around the mouthpiece
6. Breathe in slowly and deeply through the inhaler (NOT your nose) and press the dose release button. Continue to breathe in slowly for as long as possible.
7. Breathe out slowly (away from the inhaler). Close the cap



NOTE: Discard device 3 months after first use.

Demonstrate your inhaler technique to your GP, nurse, pharmacist or clinical specialist at every opportunity