

# How to use a Respimat<sup>®</sup>



Interior Health  
Every person matters

Patient Information

[www.interiorhealth.ca](http://www.interiorhealth.ca)

## Usage

- Do not shake the Respimat<sup>®</sup> before using.
- The Respimat<sup>®</sup> is not to be used with a spacer / chamber. It works best on its own.

## Priming

- Prime the Respimat<sup>®</sup> after a cartridge is installed.
- Prime the Respimat<sup>®</sup> if you haven't used it in 21 days.
- To prime a Respimat<sup>®</sup>, turn it a half turn in the direction of the arrows, and point it down and away from you. Take the cap off and press the button. Continue to follow these steps until you see a vapour. Repeat 3 more times.

## Cleaning

- Wipe the mouthpiece with a dry, lint free cloth or tissue.
- Never use water.

## When to get a new Respimat<sup>®</sup>

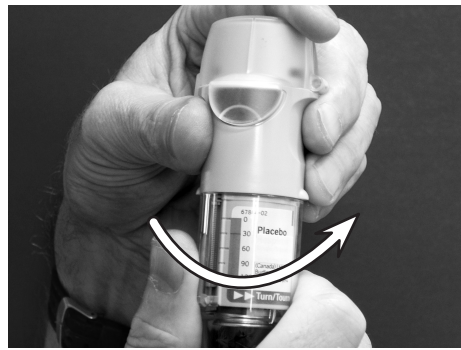
- Check the dose counter. When the arrow is pointing to red you have 7 days of medication left. When you take the last dose of medication the Respimat<sup>®</sup> will lock and you need to start a new inhaler.
- The medication is only good for 3 months after you start it.
- Check the expiration date on the side of the inhaler.
- You should have a new inhaler ready to use when the old one is empty or expired.
- If the pharmacy does not put the cartridge into your Respimat<sup>®</sup>, then you will need to follow the directions in the package.

*This document is for informational purposes only. For detailed instructions on use of the Respimat<sup>®</sup> and information about your medication please see the package insert or ask your pharmacist.*

*more information on other side →*

Healthlink BC	Nurse	24 hours a day	Daily	<i>Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.</i>
<b>Call 8-1-1</b>	Dietitian	9 am–5 pm	Mon–Fri	
	Pharmacist	5 pm–9 am	Daily	
	Hearing Impaired	Call 7-1-1		
<a href="http://www.healthlinkbc.ca">www.healthlinkbc.ca</a>				

## How to use a Respimat<sup>®</sup> (continued)



**1.** With the cap on, **twist** the base a half turn in the direction of the arrows.



**2.** **Open** the cap.



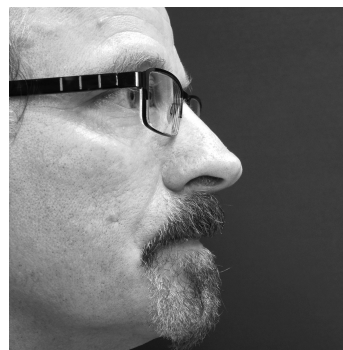
**3.** **Breathe out**, away from the Respimat, to the end of a normal breath.



**4.** **Put the Respimat<sup>®</sup>** between your teeth and seal your lips around it. Do not block the air vents.



**5.** **Press** the button as you breathe in **slowly** until your lungs are full.



**6.** **Take** the Respimat<sup>®</sup> out of your mouth. **Hold** your breath for **10 seconds** if you can. **Breathe out.**



**7.** **Close** the cap.