

Inhaler technique

Respimat



Respimat

1	Ensure the Respimat inhaler has had a cartridge inserted Hold the device upright with the green mouthpiece cover closed
2	Turn the base for half a turn in the direction of the red arrows on the label You should hear a click Open the green mouthpiece cover
3	Breathe out gently as far as is comfortable and NOT in the Respimat
4	Put the mouthpiece in your mouth and close your lips around it Ensure your teeth and tongue are not blocking the mouthpiece
5	Breathe in with a slow and steady breath Press the grey dose-release button and continue to inhale deeply
6	Remove the Respimat from your mouth and hold your breath for up to 10 seconds or as long as you feel comfortable
7	For your second dose, repeat steps 1 - 6 Close the mouthpiece cover after use

There are 3 different types of Respimat inhalers:

- Spiriva
- Striverdi
- Spiolto

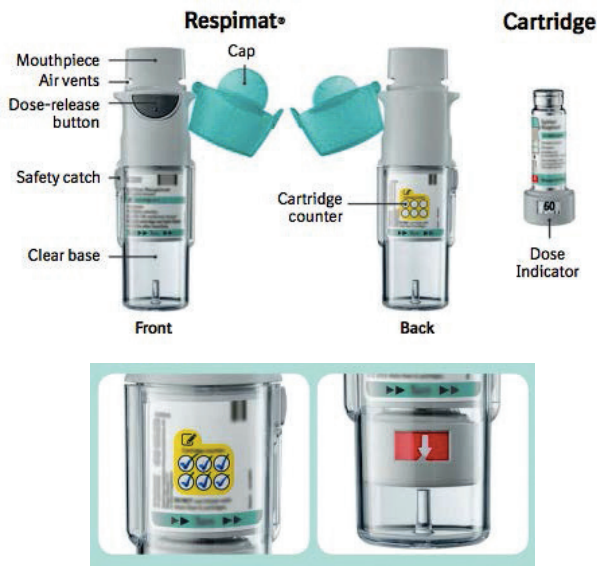
They all work differently to treat asthma or COPD.

Your inhaler has been prescribed for you **only** and to treat your specific lung condition.

Using your Respimat device

- The medicine in this inhaler is a long acting bronchodilator which relaxes the muscles in your airways making it easier to get air in and out of your lungs.
- The effects of the medicine last for 24 hours so you only use your inhaler at the same time **once** every day.
- Each time you use it, take **TWO puffs** at the same time everyday.
- If you have missed a dose, take it as soon as you remember. Do not inhale more than 2 puffs in a single day.
- If you use more than two puffs in one day or wish to stop using your inhaler, please seek medical advice.
- Clean the mouthpiece including the metal part inside the mouthpiece with a damp cloth or tissue only, at least once a week.

What is inside the box?



- Refer to the patient information leaflet contained in the packaging on how to prepare your inhaler for use or ask your pharmacist to demonstrate this for you

- You will need to use this inhaler ONCE a day at the same time every day
- The dose indicator shows how many doses remain in the cartridge
- Each cartridge will last for 30 days with normal use
- Recommended use: 6 cartridges per inhaler
- When you have used your inhaler with 6 cartridges, get a new re-usable pack containing an inhaler from your doctor
- Store your inhaler at room temperature
- Clean the mouthpiece including the metal part inside the mouthpiece with a damp cloth or tissue once a week.

References

- 7 Steps to Success – Inhaler Technique (2014) (adapted)
- Asthma UK 'How to use your inhaler' videos. Available at: <https://www.asthma.org.uk/advice/inhaler-videos/>
- Chest Heart and Stroke Scotland "My Lungs My Life" videos. Available at: <https://youtube.com/playlist?list=PLhiaAMAGIBpe9RxC6KB3cnfykZq7CjSbD>
- 'Getting the basics right – Inhaler Technique' Primary Care Respiratory Society (2016).

For further support and information, please contact:

Royal Sussex County Hospital

COPD Nurse Specialist: 01273 523109

Worthing Hospital

Respiratory Nurse Specialists: 01903 205111 Ext. 85858

St Richard's Hospital

Respiratory Nurse Specialists: 01243 788122 Ext. 32395

You can also contact your community pharmacist or practice nurse for advice.

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