

# Respimat

## TECHNIQUE

1. Hold your inhaler upright with the cap closed.
2. **Turn** the clear base until it clicks.
3. **Open** the plastic cap until it snaps fully open.
4. Breathe out slowly and holding the inhaler level, place the mouthpiece carefully between your teeth. Seal your lips around the mouthpiece without covering the air vents.
5. While taking in a slow, deep breath, **press** the dose release button and continue to breathe in slowly.
6. Remove the inhaler from your mouth and hold your breath for about 5-seconds or as long as is comfortable.
7. Replace the plastic cap.

Step 2



Step 3



Step 5



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## TECHNIQUE -continued

### Maintenance and Cleaning

- Important: Before taking the first dose, Respimat needs to be properly assembled and prepared. Ask your pharmacist for help or follow the instructions included with the inhaler package.
- To prepare the inhaler for first-time use, hold your inhaler upright with the cap closed. Turn the clear base - in the direction of the arrows of the label - until it clicks. Open the plastic cap until it snaps fully open. Point the inhaler towards the ground, press the dose release button and close the cap. Repeat these steps until a cloud is visible and then three more times to ensure the inhaler is prepared for first use.
- If the inhaler has not been used for more than 7 days, release one puff towards the ground. Discard the inhaler 3 months after the first use even if there is still medication left.
- When the pointer enters the red area of the scale, there is medication for 7 days left. This is when you need to get a new inhaler prescription. Once the dose indicator has reached the end of the red scale the inhaler is empty and locks automatically.

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