

## Patient Information

### How to use a Respimat® Soft Mist™ Inhaler



Carefully assemble and prepare each new Respimat device before using it for the first time! Then follow the instructions below.

#### "Twist"

1. Hold the inhaler upright with the cap closed. **Turn the transparent base** until it clicks
2. Open the protective cap by pulling upwards

#### "Breathe out, Press & then Breathe in"

3. **Breathe out** slowly away from the device (to make room in your lungs to breathe in deeply)
4. Insert the mouthpiece between your lips and **form a seal** without covering the air vents, pointing the inhaler towards the back of your throat
5. Start to **breathe in slowly and deeply** through your mouth, **press** the dose-release button (grey button on side of device), and **continue to breathe in** to fill your lungs
6. Remove the **Respimat** from your mouth and **hold your breath** for up to 10 seconds (to allow the drug to settle in your lungs)
7. **Breathe out slowly** away from the device
8. **Close the protective cap**
9. Wait for 30 seconds before **repeating steps 1 – 8 for second dose**

***Breathe in slowly!***

Do not take the Respimat apart, or remove the transparent base once the cartridge has been inserted. Follow the information sheet supplied on how to look after your inhaler.

To see a demonstration on the correct inhaler technique visit: -  
[http://www.respimat.com/functions\\_and\\_use/how\\_to\\_use.html](http://www.respimat.com/functions_and_use/how_to_use.html)