How to Take
Your Inhaler Medicines

MaineHealth

Respimat Inhaler

Inhaler
Cartridge
Clear Base

- Orange Cap
- Dose-release button
- Saftey catch
- Dose Indicator
- Discard by
- White arrows
- Piercing element

When Using the First Time

1. Press the small gray safety catch on the side and pull off the clear base.

2. Write the *discard* by date on the label. This should be 3 months from when you first put in the medicine cartridge.

3. Push the medicine cartridge into the inhaler until only 1/8 inch of the medicine cartridge is showing.

4. Put the clear base back on.

5. Hold the inhaler straight up with the cap closed. Turn the clear base toward the white arrows until it clicks (half a turn).

6. Flip the cap open.

7. Point the inhaler down and press the large gray dose-release button.

Close the cap, and repeat steps 5, 6 and 7 until you can see a mist.

When you see a mist, do steps 5, 6 and 7 three more times to prime the inhaler.

Taking Your Inhaler

1. Hold the inhaler straight up. Turn the clear base toward the white arrows until it clicks (half a turn).

2. Flip the cap open.

3. Breathe out slowly. Place your lips around the end of the mouth-piece. Don't cover the air vents with your lips. Take a slow deep breath in as you press the large gray dose-release button. Hold your breath for 10 seconds. Close the cap.

If you have not used your inhaler for 3 days or more, you will need to prime it again before use. The steps to prime a used inhaler are different than the first prime for a new inhaler. Check the instructions that came with your inhaler for directions on how to prime a used inhaler.