How to Use the Respimat

Instructions:

1. Hold the Repimat inhaler upright with the cap closed.
2. Turn the transparent base in the direction of the arrow on the label until it clicks (half a turn).
3. Open the cap until it snaps fully open. You will hear a click.
4. Sit straight or stand up.
5. Tilt your head back slightly.
6. Turn your head away from the inhaler and exhale.
7. Place the mouthpiece in your mouth and close your lips around the mouthpiece to form a good seal. Do not cover the air vents.
8. Breathe in slowly and deeply through your mouth and at the same time press down on the dose button. Continue to breathe in slowly and deeply.
9. Remove the inhaler from your mouth.
10. Hold your breath for 10 seconds or as long as comfortable.
11. Exhale slowly through your mouth or nose away from the inhaler.
12. Close the cover to click shut.

Tips:

- Always close the cover after use.
- Remember to rinse your mouth thoroughly after taking your dose and spit out the water.