How to Use a Respimat Inhaler

Your healthcare provider may prescribe a medicine for you in the form of a Respimat inhaler to help control your asthma. A Respimat inhaler delivers medicine into your lungs.

Let's try it now.

Step 1. Hold the inhaler upright. Turn the base in the direction of the arrows half a turn. Stop when you hear a click.

Step 2. Open the cap until it clicks and stays open.

Step 3. Exhale deeply, away from the Respimat inhaler.

Step 4. Bring the Respimat inhaler level to your mouth. Take a slow deep breath in and click the dose release button. Continue to breathe in. Your goal is to hold your breath for ten seconds.

Step 5. Close the cap.

Let's review.

Turn the base in the direction of the arrows half a turn. Stop when you hear a click.

Open the cap until it clicks and stays open.

Exhale deeply, away from the Respimat inhaler.

Bring the Respimat inhaler level to your mouth, take a slow deep breath in, and click the dose release button. Continue to breathe in.

Close the cap.

Using your Respimat inhaler correctly will help you get the medicine you need into your lungs in order to manage your asthma.

If you have questions about your Respimat inhaler, ask your healthcare provider at your next appointment.

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