

Name patient:.....

Date:.....

Name of the instructor:

Inhalation protocol Respimat®

Patient information

1. Discuss the purpose and the mode of action of the medication.

Preparation

Before the first use

2. Keep the cap closed, press the safety catch and remove the clear base.
3. Take the cartridge out of the package. Push the narrow end of the cartridge into the inhaler, until you feel resistance. Put the Respimat® upright against a firm surface and push firmly on the Respimat® with one hand, so the cartridge will be pushed into the Respimat®, while making a double 'click' sound.
4. Do not remove the cartridge once it has been inserted into the inhaler.
5. Put the clear base back into place and do not remove the clear base again.
6. Keep the Respimat® upright with the cap closed. Turn the clear base in the direction of the red arrows on the label until it clicks (half turn).
7. Open the cap until it snaps fully open.
8. Point the Respimat® towards the ground. Press the grey button and close the cap.
9. Repeat these steps until the Respimat® produces a cloud, then repeat these steps another three times.
10. The Respimat® is now ready for use.

Before every use

11. The mouth must be empty.
12. Keep the Respimat® upright with the cap closed. Turn the clear base in the direction of the red arrows on the label until it clicks (half turn).
13. Open the cap until it snaps fully open.
14. The Respimat® is now ready for use.

Inhalation

15. Sit or stand up straight with your head slightly backwards.
- 16. Exhale slowly and completely, not into the Respimat®.**
17. Bring the Respimat® horizontal towards the mouth.
18. Put the mouthpiece between teeth and close lips to form a good seal.
- 19. Inhale as deeply as possible with steady, moderate force, press the grey button at the start of the inhalation. Inhale slowly as long as possible.**
20. Hold breath for 10 seconds or as long as comfortable. Meanwhile remove the Respimat® from the mouth.
21. Exhale slowly.
22. Close the cap.
23. Repeat steps 11 to 22 for a second dose.

Cleaning

24. Clean the mouthpiece with a dry tissue, never rinse it with water.

Important Points

25. One dose of the Respimat® means two consecutive puffs.
26. The dose counter indicates how many doses there are (approximately) left. The Respimat® contains 30 doses, which means sixty inhalations.
27. If the arrow reaches the red zone, there are 7 doses left (14 inhalations).
28. If the Respimat® has not been used for more than seven days, spray once towards the ground. If the

Respimat® has not been used for more than twenty-one days, keep spraying until the Respimat® produces a cloud, then repeat this another three times.

Finally

29. Have a look at an instructional film which shows these steps in action.