

How to use a Respimat Inhaler

Department of Respiratory

Information for Patients

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Introduction

Inhalers are commonly prescribed for people with lung diseases like asthma and chronic obstructive pulmonary disease (COPD). Inhalers give medicine straight to the lungs where it is needed.

Different types of inhalers are available, and most inhaled medicines are available in more than 1 type of inhaler. It is important to find the inhaler that you can use and are happy to use.

Why is using an inhaler correctly important?

It lets the correct dose of medicine to reach your lungs. It gives you better control of your condition. It also helps to stop attacks (flare ups).

Examples of Respimat Inhalers

- Spiriva Respimat
- Spiolto Respimat



**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

How I prepare my inhaler?

When using your inhaler for the first time you should prepare it by:

1. Keeping the cap closed.
2. Then press the safety catch and pull off the clear base.
3. Add the cartridge into the inhaler. Put the inhaler on a firm surface. Push down until it clicks into place.
4. Mark the check-box on the inhaler's label to track the number of cartridges used with the inhaler.
5. Then put the clear base back into place until it clicks.
6. Keeping the cap closed turn the base in the direction of the arrows on the label until it clicks. This should be about half a turn.
7. Open the cap until it snaps fully open. Pointing the inhaler towards the ground press the dose release button. Close the cap and repeat this process until you see a cloud coming out. After you see the cloud coming out, do it 3 more times.
8. Your inhaler is now ready to use and will give you 60 doses. Close the cap if you are not using it.

How do I use my inhaler?

1. Prepare the inhaler device following the above instructions for the first use.
2. With the cap closed turn the base in the direction of the arrow on the label until it clicks. This should be the same as a half turn. Open the cap until it snaps fully open.
3. Breathe out as far as is comfortable away from the inhaler. Do not breathe into the inhaler.
4. Lift your chin up a little. Put the mouthpiece in your mouth. Close your lips around it without covering the air vents.
5. Breathe in slowly and steadily through your mouth. At the same time press the dose-release button and continue to breathe in slowly for as long as comfortable.
6. Remove the inhaler from your mouth. Hold your breath for up to 10 seconds or for as long as possible.
7. Repeat steps for a second dose if needed. Close the cap when you are not using it.

What can cause problems?

- You must prepare your inhaler device to use it correctly.
- Speak to your pharmacist if you are finding it difficult to insert the cartridge into the device.
- If the dose button does not press, check that the base has been turned far enough to hear the click.
- If the base springs back after turning it make sure you turn it far enough to hear the click.
- Do not remove the clear base before the cartridge is used up. Each time you remove the clear base without changing the cartridge, the dose counter goes down in number. This is even if you have not used any dose.
- Always read the package information leaflet that comes with your inhaler for any specific instructions. Speak to your pharmacist if you need any advice.

How do I look after my Respimat Inhaler?

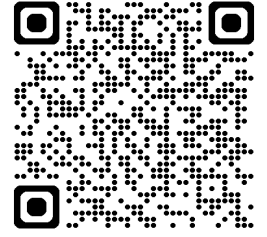
- Close the inhaler after use. Make sure to keep the cap closed when turning the base to load the dose. This stops you from spraying accidental doses.
- Keep your inhaler clean and cover the mouthpiece when not in use. This will help you avoid breathing in dust from the mouthpiece.
- Store your inhaler at room temperature.
- Clean the mouthpiece and the metal part inside the mouthpiece with a damp cloth or tissue once a week.
- Each cartridge will last for 30 days with normal use. Do not use the cartridge 3 months after it was inserted.
- If you have not used your inhaler for more than 7 days, release 1 dose towards the ground before use.
- If you have not used the inhaler for more than 21 days then prepare the device as if using the inhaler for the first time using the steps on page 2.
- The dose indicator shows how many doses are left in the cartridge. The dose indicator window turns yellow when there are 10 doses left. When it is empty you will see a white arrow on a red background. You will need to replace the cartridge or start a new device when you see this.
- Plan before to make sure you do not run out of inhalers like when you are on holiday.
- The inhaler device is designed to be re-usable. We may give you refill cartridges. When you have used your inhaler device with 6 cartridges, you will need a new inhaler device.



How do I know I am doing it right?

Ask your doctor, nurse or pharmacist to check that you have a good technique by showing them how you usually use your inhalers.

For a short inhaler technique video watch: www.asthmaandlung.org.uk/living-with/inhaler-videos/respimat or scan the QR code:



The environment and my inhaler

- To reduce waste, only order the inhalers that you need.
- You should not put your old or unwanted inhalers in your household rubbish or recycling bins. Take your old or unwanted inhalers to your local community pharmacy who will dispose of them in an environmentally friendly way.

Contact details:

Contact your GP / Practice team for more advice and support or call **NHS 111**.

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على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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