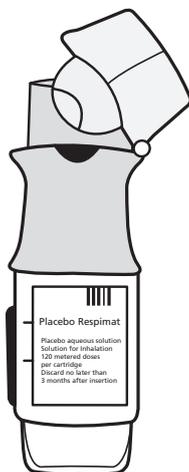


About your Respimat Inhaler

It is important you use the inhaler correctly to make sure you have the full dose of the medication you need.



How does it work?

The Respimat is used to provide Tiotropium (Spiriva) and the dose is 2 puffs once a day, as the effects are sustained for 24-hours. It is a drug to relax muscles of the airways.

Before you use it for the first time

Before you use it you will have to insert the small canister of drug into the inhaler. Complete instructions for this are on the leaflet in the box. Your pharmacist can do this for you if you ask. To check your inhaler is ready to use, twist the base once and press the dose release button. You may need to repeat this until you see a fine mist. Now the inhaler is primed and ready to use.

How do I use it?

1. Twist until it clicks (half a turn).
2. Open the green cap until it snaps fully open. Breathe out slowly and fully, and then close your lips around the end of the mouthpiece without covering the air vents.
3. While taking in a slow, deep breath through your mouth, press the dose release button and continue to breathe in slowly for as long as you can. Hold your breath for 10 seconds or for as long as comfortable.
4. Repeat steps 1-3 a second time to receive the full dose.
5. Close the lid once you have taken 2 puffs.

UHB is a no smoking Trust

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www.uhb.nhs.uk/patient-information-leaflets.htm