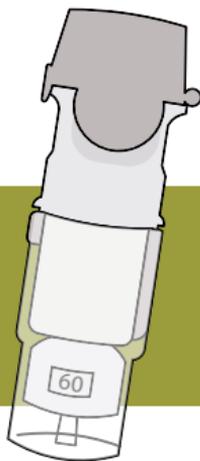
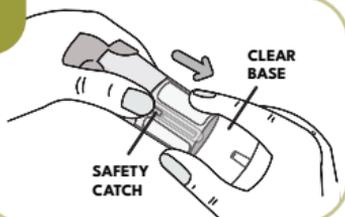


HOW TO USE THE RESPIMAT



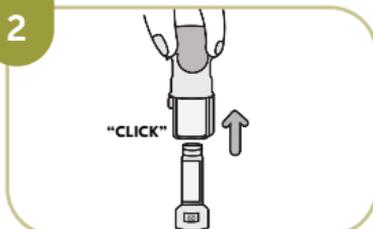
Preparing for first use:

1



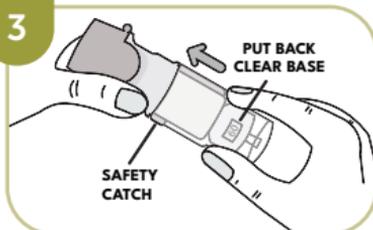
- Keep the cap closed. Press the safety catch and pull off the clear base.

2



- Insert the narrow end of the cartridge and push down against a firm surface until it clicks into place.

3



- Replace the clear base until it clicks into place.

4



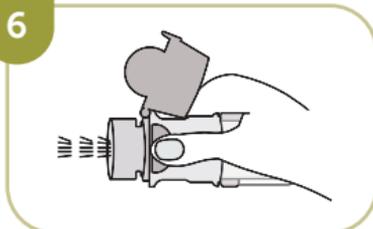
- **TURN** the clear base in the direction of the arrows indicated until it clicks (half a turn).

5

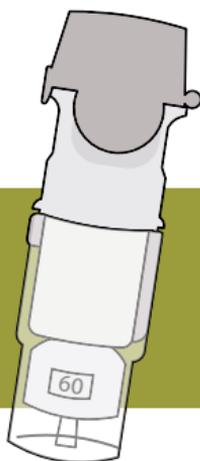


- **OPEN** and flip the top cap fully.

6



- Point the inhaler away towards the ground. **PRESS** the grey release button to release a puff.
- Close the top cap.
- Repeat steps 4-6 until a mist is visible. Then repeat 3 times after the mist is seen. Your inhaler is now ready for use.



HOW TO USE THE RESPIMAT

Daily use of Respimat inhaler:

1



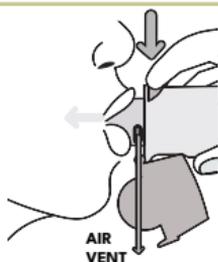
- Check the dose counter to make sure your inhaler is not empty.
- With the top cap closed, **TURN** the clear base in the direction of the arrow indicated until it clicks.

2



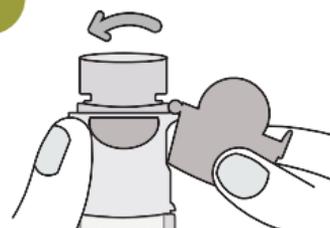
- **OPEN** and flip the top cap fully.
- Stand or sit up straight. Breathe out fully away from inhaler.

3

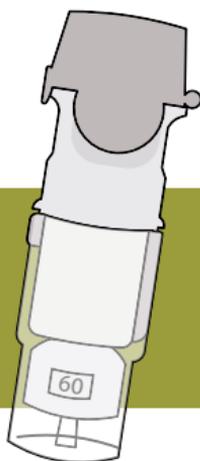


- Seal lips around mouthpiece. Do not block the air vent.
- While taking a slow, deep breath through your mouth, **PRESS** the grey release button and continue to breathe in slowly.
- Remove the inhaler and hold your breath for 10 second or as long as comfortable. Breathe out away from the mouthpiece.

4



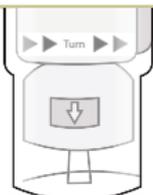
- Repeat **TURN, OPEN, PRESS** for a total of 2 puffs.
- Clean the mouthpiece with a dry tissue and close the top cap. Rinse your mouth and spit out.



HOW TO USE THE RESPIMAT

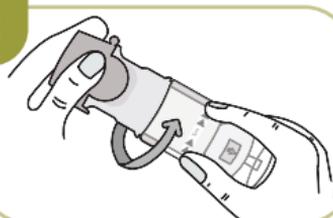
Replacing the medication cartridge:

1



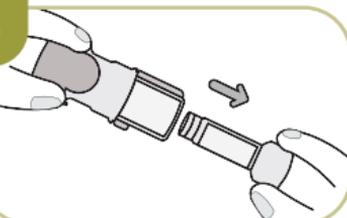
- Cartridge is empty when dose counter shows red background with white arrow.

2



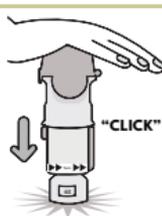
- Turn and remove the clear base.

3



- Pull off the cartridge from the inhaler.

4



- Insert a new cartridge until it clicks. The new cartridge will stick out slightly more than the first cartridge. Continue with "Preparing for first use", Step 3-6.

IMPORTANT TO NOTE:

- If you have not used the Respimat inhaler for more than 7 days, release one puff before using the inhaler.
- If you have not used the Respimat inhaler for more than 21 days, repeat the preparation steps before use.
- To clean the inhaler, wipe the mouthpiece inside and out with a damp cloth. Do not remove the cartridge.
- When you have used an inhaler with 6 cartridges, obtain a new Respimat device pack.
- Do not use the Respimat re-usable inhaler for more than one year, after opening.
- Store in a cool and dry place, away from direct sunlight. Do not store medication above 30 degrees celsius. Keep this medication away from children.
- Discard the medication cartridge 3 months after opening, even if there are doses left in the cartridge.
- Do not use Respimat for more than 2 puffs once daily.

For videos on inhaler technique by language,
please scan the QR codes



English



Mandarin
华语



Malay
Bahasa Melayu



Tamil
தமிழ்



CONTROL ASTHMA. ENJOY LIFE.

The Singapore National Asthma Programme (SNAP) was set up by the Ministry of Health in 2001 to reduce the burden of asthma in Singapore.

This technique card is produced by SNAP to provide instructions on correct inhaler use.

Disclaimer: The information provided is for general guidance only and does not replace personalised advice from your healthcare professional. Please consult your healthcare professional for more information specific to your condition.