

INFORMATION FOR PATIENTS

How to use the Respimat device inhaler

This leaflet will inform you how to use the Respimat inhaler correctly.



The Respimat device is an inhaler that delivers the medication in the form of a soft mist. It also delivers it in a way that requires minimal effort of inspiration from the patient. It is therefore a good device for patients who struggle to inhale deeply.

This type of inhaler is used for patients most commonly with chronic obstructive airflow disease (COPD), but is sometimes used for asthmatics. This type of inhaler contains medication that releases slowly throughout the day, to provide relief from breathlessness.

This type of inhaler comes in several colours, indicating different medicines.

Dosages for all medications used in the UK for this device are always 2 inhalations once a day, to be inhaled roughly the same time each day.

If you forget to inhale a dose, take the usual dose the next day and carry on as normal. **Do not take a double dose to make up for a forgotten dose.**

Your Respimat inhaler **should not** be used as a reliever/rescue therapy. Remember to use your reliever inhaler for this purpose (Salbutamol).

To effectively use your Respimat inhaler, follow the step-by-step guide below. If your pharmacist has not already done so, prepare your inhaler as follows:

1. Keep the cap closed.
2. Press the safety catch while pulling off the clear base with your other hand.
3. Insert the cartridge.
4. Place the inhaler on a firm surface and push down until it clicks into place.
5. Mark the check-box on the inhalers label to track the number of cartridges used.
6. Put the clear base back into place until it clicks.

If you need help loading the cartridge, ask your pharmacist if they can do this for you when you collect or before you have your prescription delivered.

7. Keep the cap closed.

8. Turn the clear base in the direction of the arrows on the label until it clicks (half a turn).
9. Open the cap until it snaps fully open.
10. Point the inhaler towards the ground.
11. Press the dose-release button.
12. Close the cap.
13. Repeat steps 8-12 until a cloud is visible.
14. Then repeat steps 8-12 three more times.

The inhaler is now ready to use and can deliver 60 puffs (30 doses).

To use your inhaler, always use as prescribed. Follow this step-by-step guide:

1. Keep the cap closed.
2. TURN the clear base in the direction of the arrows on the label until it clicks (half a turn).
3. OPEN the cap until it snaps fully open.
4. Breathe out slowly and fully, then close your lips around the mouthpiece.
5. While taking in a slow, deep breath, PRESS the dose-release button; keep breathing in slowly.
6. HOLD your breath for 10 seconds or as long as is comfortable.
7. Close the cap.
8. Repeat steps 2-7 to administer your second dose.

Replacement of Respimat cartridges

The dose indicator at the base of the device shows how many puffs remain in the cartridge. When full there are 60 with a white background.

The background turns to yellow when there are 10 doses remaining, and then red with an arrow pointing downwards when the cartridge is empty.

Once the cartridge is finished, turn the clear base to loosen it and remove the clear base. Pull the cartridge out of the inhaler and insert a new one as described in 'how to prepare your inhaler' on page 1.

How long will my Respimat inhaler last?

The Respimat can be used with up to 6 cartridges. Make sure you track the number of cartridges using the check-box on the inhalers label.



Each cartridge contains enough medication for 30 days (60 puffs).

You should be provided with a replacement inhaler after use with 6 cartridges.

Contact details

Respiratory Specialist Nurses
Respiratory Department
Level 4
Kings Mill Hospital
Sutton-in-Ashfield
Notts
NG17 4JL

Telephone: 01623 622515, extension 6831, 3541 or 6324. Lines are open Monday to Friday between 9am-5pm.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet (if relevant) please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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