

Respimat Inhalers

Medication Information Leaflet

What are Respimat inhalers?

- Respimat inhalers are inhaler devices that help deliver a specific amount of medication to your lungs.
- They are used to deliver medications that are for the treatment of asthma and chronic obstructive pulmonary disease (COPD).
- Both asthma and COPD affect the lungs which makes it harder for the person to breathe.

Why is it important to use Respimat inhalers correctly?

- Respimat inhalers deliver a very small dose of the medication each time, thus you usually do not feel or taste anything after a dose.
- Hence, it is important to use the Respimat inhaler correctly to get the full dosage and benefit from the medication.
- This allows the medication to have a higher chance of reaching the small airways, which increases the effectiveness of the medication and helps reduce any side effects.

How do Respimat inhalers work?

Respimat inhalers are soft mist inhalers which create a mist of medication upon pressing down the dose-release button, without the use of a propellant.

How should I take/use Respimat?

- Loading before first use:

Steps	Description
1	Keep the cap close.
2	Remove the clear base by pressing the safety catch button and pulling off the base with your other hand. Be careful not to touch the piercing element.
3	Insert the narrow end of your medication cartridge into the inhaler.

4	Place the medication cartridge against a flat surface and push down firmly on the inhaler until the medication cartridge clicks into place.
5	Replace the clear base by aligning the notch with the safety catch button and slide together until it clicks.
6	Hold the Respimat inhaler upright and turn the clear base in the direction of the arrows on the label until it clicks (half a turn).
7	Open the plastic cap fully.
8	Point the inhaler toward the ground and press the dark grey dose-release button. A mist should be released. Close the cap.
9	If you do not see a mist, repeat steps 6 to 8 until you see a mist.
10	Repeat steps 6 to 8 until a total of 4 mists are seen.
11	Your inhaler is now ready to be used

- Daily use after loading:

Steps	Description
1	With the cap closed, turn the clear base in the direction of the arrows on the label until it clicks (half a turn).
2	Open the plastic cap fully.
3	Breathe out slowly and fully with your mouth.
4	Close your lips around the mouthpiece without covering the air vents which are at the base of the mouthpiece).
5	Point the inhaler to the back of your throat. While taking a slow, deep breath through your mouth, press the dark grey dose-release button and continue to breathe in slowly for as long as you can.

6	<p>Hold your breath for 10 seconds or for as long as comfortable.</p> <p>Breathe out slowly and gently through your mouth, away from the inhaler. Replace the cap after use.</p>
7	<p>Repeat steps 1 to 6 if you require another dose.</p>
8	<p>If you have not used the Respimat inhaler for more than 7 days, release one puff towards the ground before using the inhaler.</p>
9	<p>If you have not used the Respimat inhaler for more than 21 days, repeat the loading steps before use.</p>

What should I avoid when using Respimat?

- Do not touch the piercing element inside the clear base when loading the cartridge.
- Do not remove the clear base after you have correctly inserted the medication cartridge or turn the clear base after inserting the cartridge.
- Do not freeze your Respimat.
- Do not breathe into your Respimat.
- Remember to replace the cap after use.

How should I store this medication?

Store in a cool and dry place, away from direct sunlight. Keep this medication away from children.

How should I clean my Respimat?

Wipe the mouthpiece inside and out with a damp cloth once a week. Do not remove the medication cartridge.

When should I throw away this medication?

- Check the dose counter and change the inhaler once the dose counter indicates zero doses.

- The inhaler should be discarded within 3 months after first use, even if there are still doses left in the inhaler.

How should I throw away this medication safely?

Pack this medication into a black trash bag and seal it tightly before throwing into the rubbish chute or bin.

Disclaimers

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

This article is jointly developed by members of the National Medication Information workgroup. The workgroup consists of cluster partners (National Healthcare Group, National University Health System and SingHealth), community pharmacies (Guardian, Unity and Watsons) and Pharmaceutical Society of Singapore.

Last reviewed on October 2020