

# Instructions for Use

## Respimat® Inhaler

### ■ Which inhaler is prescribed for me?

- Spiriva®: tiotropium 2.5 mcg
- Spiolto®: tiotropium 2.5 mcg + olodaterol 2.5 mcg

### ■ What are Spiriva® and Spiolto® used for?

Spiriva® and Spiolto® are long-term, once-daily, prescription maintenance treatment of chronic obstructive pulmonary disease (COPD). Spiriva® can also be used to treat asthma. Both COPD and asthma are serious, long-term lung diseases that cause shortness of breath, chest tightness, and cough.

### ■ How to use a Respimat® inhaler?

#### 1. PREPARE FOR FIRST USE

- ① Press the safety catch while firmly pulling off the clear base with your other hand.
- ② Insert the narrow end of the cartridge into the inhaler. Place the inhaler on a firm surface and push down firmly until it clicks into place.
- ③ Put the clear base back into place until it clicks. Do not remove the clear base again.



#### 2. PRIME FOR FIRST USE

- ① Hold the inhaler upright with the cap closed to avoid accidental release of dose. Turn the clear base in the direction of the black arrows on the label until it clicks (half a turn).
- ② Flip the cap until it snaps fully open.
- ③ Point your inhaler toward the ground (away from your face). Press the dose-release button, and a mist should come out of the device.
- ④ Repeat steps ① ② ③ If you do not see a mist.
- ⑤ After a mist is seen, you must repeat steps ① ② ③ three more times to make sure the inhaler is ready to use.

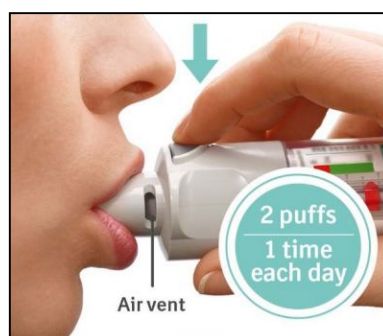


This sheet is for your information; please follow your doctor's directions



### 3. DAILY USE

- ① Hold your inhaler upright with the cap closed, so you do not accidentally release a dose of medicine. Turn the clear base in the direction of the black arrows on the label until it clicks (half a turn).
- ② Flip the cap until it snaps fully open.
- ③ Breathe out slowly and fully, and then close your lips around the end of the mouthpiece without covering the air vents. ◦
- ④ 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.
- ⑤ Hold your breath for 10 seconds or for as long as comfortable. ◦
- ⑥ If the second puff is needed, please wait about 30 seconds and repeat the steps above.
- ⑦ You may clean the mouthpiece with a damp cloth or tissue before close the cap until next use.



### ■ Precaution

1. Store your Respimat® inhaler at room temperature below 30°C (86°F).
2. If a Respimat® inhaler has not been used for more than 3 days, release 1 puff towards the ground before reuse. If it has not been used for more than 21 days, re-prime the inhaler as if it is a new one before using it.
3. Throw away your Respimat® inhaler when:
  - 3 months after the insertion of cartridge
  - the inhaler is locked, which means there is no medicine left
  - the medicine is expired.
4. Keep your Respimat® cartridge and inhaler out of the reach of children.

#### References:

Package insert · Micromedex

- Contact number : (02) 2737-2181 EXT. 8130
- Last updated by the Department of Pharmacy on 2021.01
- PFS-7200-EN9022

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