Learn how to use your Respimat inhalers

1. Turn the clear base
   - Turn the clear base in the direction of the white arrows on the label until it “clicks”.

2. Flip the cap
   - Open the cap until it is fully open.

3. Breathe in and out
   - Breathe out all the way and away from the inhaler.

4. Put inhaler in mouth
   - Close your lips around the mouthpiece between your teeth. Keep inhaler horizontal and don’t cover the air holes on the mouthpiece.

5. Breathe in and press
   - Breathe in slowly as you press the button of the inhaler 1 time.

6. Hold for 5 seconds
   - Hold your breath for at least 5 seconds. Take the inhaler out of your mouth.

7. Wait and repeat
   - Wait 30 seconds before repeating steps 1-6 for the next puff.

8. Close the cap
   - Close the cap until you use your inhaler again.

These are Respimat inhalers.

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Learn how to use your inhalers

**Identify your inhaler (MDI)**

- Controller inhaler
  - Symbicort
- Rescue inhaler
  - ProAir

These are metered dose inhalers.

1. **Take cap off and shake**
   - Uncap the inhaler. Shake hard up and down for 5 seconds.

2. **Breathe in and out**
   - Breathe out all the way and away from the inhaler.

3. **Put inhaler in mouth**
   - Close your lips around the mouthpiece. Keep your tongue out of the way.

4. **Breathe in and press**
   - Breathe in slowly as you press down the top of the inhaler 1 time.

5. **Hold for 5 seconds**
   - Hold your breath for 5 seconds. Take the inhaler out of your mouth.

6. **Breathe normally**
   - Breath in and out normally.

7. **Wait and repeat**
   - Wait 15 seconds before repeating steps 1 - 6 for the next puff.

8. **Rinse with water**
   - If using a controller inhaler, after 2 puffs rinse your mouth with water and then spit the water out.

**COPD flare-ups can cause permanent damage to your lungs. Defend yourself from flare-ups by following this care plan.**

- **Azithromycin** (antibiotic)
  - 1. Finish your tablets
  - 2. Keep using your inhalers

- **Prednisone** (steroid)
  - 1. Finish all your medicine even if you are feeling better
  - 2. Keep using your inhalers

**Your strategy for the next 5 days to stay well:**

- **DAY 1**
  - TAKE 2
  - TAKE 2

- **DAY 2**
  - TAKE 2
  - TAKE 2

- **DAY 3**
  - TAKE 1
  - TAKE 2

- **DAY 4**
  - TAKE 1
  - TAKE 2

- **DAY 5**
  - TAKE 1
  - TAKE 2

**Side effects include:**

- **Azithromycin**
  - Nausea, diarrhea

- **Prednisone**
  - Nausea, dizziness

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