![American Lung Association logo]

How to Use a Respimat Softmist Inhaler

Follow medicine instructions to insert the canister before use.

Prime inhaler by turning the clear base to the left, opening the cap, and pressing the button.
Do this 3 times or until you see a mist come out of the mouthpiece. You do not need to prime this inhaler again.

1. Breathe out away from the device.

2. Put the mouthpiece in your mouth and close your lips tightly.

3. Start taking a deep and steady breath in as you push the button.

4. Hold your breath for 10 seconds.

5. Breathe out slowly.

6. Close cap.
   If you need another dose of medicine, wait 1 minute and repeat steps 1-6.

7. Rinse with water and spit it out.

Proper inhalation technique is important when taking your asthma medicine(s) and monitoring your breathing. Make sure to bring all your medicines and devices to each visit with your primary care provider or pharmacist to check for correct use, or if you have trouble using them.

For more videos, handouts, tutorials and resources, visit Lung.org.

Scan the QR Code to access How-To Videos

You can also connect with a respiratory therapist for one-on-one, free support from the American Lung Association's Lung HelpLine at **1-800-LUNGUSA**.