

## Using A RespiClick<sup>®</sup>

Many medications are available as inhaled treatments. Inhaled methods deliver medication directly to the airway, which is helpful for lung diseases. The patient and health care provider can choose from a variety of delivery systems for inhaling medication.

A RespiClick<sup>®</sup> consists of a canister of medication in a plastic case with a mouthpiece. The RespiClick<sup>®</sup> is breath activated. This means when you inhale, the RespiClick<sup>®</sup> automatically releases a dose of medication. When inhaled correctly, the medication has a better chance to reach the small airways. This increases the medication's effectiveness. Its portable size, efficiency and convenience make the RespiClick<sup>®</sup> a desirable method for inhalation treatment.

The following steps outline the best method to use a RespiClick<sup>®</sup>.

### How to Assemble the RespiClick<sup>®</sup>

1. Hold the RespiClick<sup>®</sup> upright with the mouthpiece down.
2. Open the cap that covers the mouthpiece. Do not open the cap unless you are ready to take a dose.
3. Do not cover the air vents above the mouthpiece on the front of the RespiClick<sup>®</sup>.
4. Do not shake the RespiClick<sup>®</sup>.



### Taking an Inhaled Treatment

1. Gently breathe out. Do not breathe out into the inhaler mouthpiece.
2. Seal your lips tightly around the mouthpiece.
3. Inhale deeply with steady, moderate force. The medication you inhale is a very, fine powder. You may not feel the medication when you inhale. Do not take another dose if you do not feel the medication.
4. Hold your breath for up to ten seconds. This allows the medication time to deposit in the airway.
5. Resume normal breathing.
6. Close the cap after inhaling the medication to prepare for the next dose.
7. Repeat steps 1-6 when more than one puff is prescribed.

### Identifying When the RespiClick<sup>®</sup> is Empty:

1. The RespiClick<sup>®</sup> has a dose indicator on the back of the device. Numbers on the dose indicator show how

many doses are left in the RespiClick®.

2. When there are twenty doses left in the RespiClick® the numbers on the dose indicator will turn red. This means it is time to refill the medication.

3. When the red number is at 0 the RespiClick® is empty. Plan to get a new RespiClick® before the dose indicator gets to 0.

## Cleaning and Care

1. If the RespiClick® needs cleaning wipe the mouthpiece with a clean, dry cloth.

2. Do not put the RespiClick® in water.

3. Keep the RespiClick® closed when not in use.

Visit our website for more information about support groups, clinical trials and lifestyle information.

PTE.371 © Copyright 2018

NOTE: This information is provided to you as an educational service of National Jewish Health. It is not meant to be a substitute for consulting with your own physician.

**National Jewish Health** is the leading respiratory hospital in the nation. Founded 123 years ago as a nonprofit hospital, National Jewish Health today is the only facility in the world dedicated exclusively to groundbreaking medical research and treatment of patients with respiratory, cardiac, immune and related disorders. Patients and families come to National Jewish Health from around the world to receive cutting-edge, comprehensive, coordinated care. To learn more, visit [njhealth.org](http://njhealth.org).