

HandiHaler[®] Patient Instructions

Taking your dose of SPIRIVA requires **3** main steps. It is as easy as...



DROP



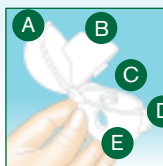
PRESS

and



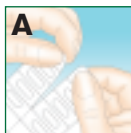
INHALE

The HandiHaler is specifically designed for SPIRIVA capsules. Before you take your medication, become familiar with the components of the HandiHaler.

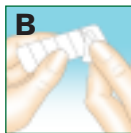


- A Lid
- B Mouthpiece
- C Capsule Chamber
- D Piercing Button
- E Base

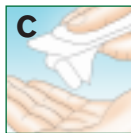
Blister Pack Handling



A Fold and separate the two blister strips. Tear down the middle.



B Because capsules are sensitive to light and moisture, right before use, peel back foil on flat side exposing only one capsule at a time.

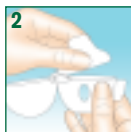


C Flip blister strip over and let the capsule drop out.

Taking SPIRIVA is simple



1 Pull the lid upwards.



2 Lift open the mouthpiece.



DROP

Right before use, remove only one SPIRIVA capsule from the blister and place it in the capsule chamber. It does not matter which way the capsule is placed in the chamber.



4 Close the mouthpiece firmly until you hear a click, leaving the lid open.



PRESS

Hold the HandiHaler with the mouthpiece upwards and right before use, press the piercing button once and release. This puts holes in the capsule and allows the medication to be released when you breathe in.



Sitting in an upright position, breathe out completely. **Avoid breathing into the mouthpiece at any time.**



INHALE

Raise the HandiHaler to your mouth and close your lips around the mouthpiece. Sitting in an upright position, breathe in slowly and deeply until your lungs are full. You should hear the capsule vibrate. Remove the HandiHaler from your mouth while holding your breath for as long as comfortable.

Repeat steps 6 and 7 once to empty the capsule completely.



Open the mouthpiece. Tip out the used capsule and dispose. Close the mouthpiece and lid.

Additional Tips and Information

Capsule Handling

- ▲ Remove the SPIRIVA capsule from the blister pack right before taking your medication.
- ▲ Do not swallow the SPIRIVA capsules. SPIRIVA capsules are to be used with the HandiHaler only.
- ▲ If the drug powder gets on your hands, wash your hands thoroughly.
- ▲ **Avoid getting the drug powder in your eyes. This may result in eye pain. If this happens, contact your physician right away.**

Capsule Storage

- ▲ The capsules should not be exposed to extreme temperatures. Do not freeze. Store between 15°C – 25°C.
- ▲ **Since the SPIRIVA capsules are sensitive to light and moisture, only remove one SPIRIVA capsule from the blister pack at a time. If more than one capsule is exposed, you should discard the exposed unused capsules.**

Cleaning your HandiHaler

- ▲ The HandiHaler needs to be cleaned once a month or as needed:
 - Open the lid and lift up the mouthpiece. Then lift up the piercing button to open the base.
 - Rinse the HandiHaler with warm water to remove any powder.
- ▲ Do not use soap, just rinse with water. Do not put the HandiHaler in the dishwasher.
- ▲ Dry the HandiHaler completely. Tip out the excess water and leave the lid, mouthpiece, and base open. The best time to clean the HandiHaler is right after use. This allows the HandiHaler to air dry for 24 hours. The HandiHaler will be ready for your next dose on the following day.



SPIRIVA is indicated for the long term, once daily maintenance treatment of bronchospasm associated with COPD, including chronic bronchitis and emphysema.¹

SPIRIVA is contraindicated in patients with a history of hypersensitivity to atropine or its derivatives, or to the excipient lactose monohydrate.¹

1. SPIRIVA Product Monograph. Boehringer Ingelheim (Canada) Ltd. November 2002.



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