How To Use Your HandiHaler

It’s important to remember to take SPIRIVA every day and use your SPIRIVA HandiHaler correctly as prescribed by your doctor. This quick overview may help. For complete information on using the SPIRIVA HandiHaler, please see the Instructions for Use attached to your SPIRIVA HandiHaler prescription.

Familiarize yourself with the parts of your HandiHaler device:

1. Dust cap [lid]
2. Mouthpiece
3. Mouthpiece ridge
4. Base
5. Green piercing button
6. Center chamber
7. Air intake vents

Taking your dose of SPIRIVA requires 4 main steps:

1. Open the HandiHaler device. Separate only one of the blisters from the blister card; then open the blister.
2. Insert the SPIRIVA capsule and close the mouthpiece firmly against the gray base until you hear a click.
3. Press the green piercing button once until it is flat (flush) against the base, then release.
4. Breathe out completely. Then, with the HandiHaler in your mouth, breathe in deeply until your lungs are full. You should hear or feel the SPIRIVA capsule vibrate (rattle).

Remember, to take your full daily dose, you must inhale twice from the same SPIRIVA capsule.

Important information about using your SPIRIVA HandiHaler:

- Do not swallow SPIRIVA capsules
- SPIRIVA capsules should only be used with the HandiHaler device and inhaled through your mouth (oral inhalation)
- Do not use your HandiHaler device to take any other medicine

IMPORTANT SAFETY INFORMATION

Do not use Spiriva® HandiHaler® (tiotropium bromide inhalation powder) if you are allergic to tiotropium or ipratropium (e.g., Atrovent®) or any of the ingredients in SPIRIVA. If your breathing suddenly worsens, your face, throat, lips, or tongue swells, you get hives, itching or rash, stop taking SPIRIVA and seek immediate medical help.

SPIRIVA HandiHaler is not a rescue medicine and should not be used for treating sudden breathing problems.

Do not swallow SPIRIVA capsules. The contents of the capsule should only be inhaled through your mouth using the HandiHaler device.

If you have vision changes or eye pain or if you have difficulty passing urine or painful urination, stop taking SPIRIVA and call your doctor right away.

Tell your doctor if you have glaucoma, problems passing urine or an enlarged prostate, as these may worsen with SPIRIVA. Tell your doctor if you have kidney problems or are allergic to milk proteins. Ask your doctor if you are not sure. Also discuss with your doctor all the medicines you take, including eye drops.

The most common side effect with SPIRIVA is dry mouth. Others include constipation and trouble passing urine. For a complete list of reported side effects, ask your doctor or pharmacist.

Read the Patient Information and the step-by-step Instructions for Use for SPIRIVA before you use your inhaler.

INDICATION

Spiriva® HandiHaler® (tiotropium bromide inhalation powder) is a prescription medicine used once each day (a maintenance medicine) to control symptoms of chronic obstructive pulmonary disease (COPD) by relaxing your airways and keeping them open. COPD includes chronic bronchitis, emphysema, or both.

SPIRIVA HandiHaler also reduces the likelihood of flare-ups and worsening of COPD symptoms (COPD exacerbations).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see accompanying full Prescribing Information, including Patient Information and Instructions for Use.
Instructions for Use
SPIRIVA® (speak REE vah) HandiHaler®
(tiotropium bromide inhalation powder)

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First read the Patient Information, then read these Instructions for Use before you start to use SPIRIVA HandiHaler and each time you refill your prescription. There may be new information.

Becoming familiar with your HandiHaler device and SPIRIVA capsules:
Your SPIRIVA HandiHaler comes with SPIRIVA capsules in blister packaging and a HandiHaler device. Use the new HandiHaler device provided with your medicine.

The parts of your HandiHaler device include:
(See Figure A)
1. dust cap (lid)
2. mouthpiece
3. mouthpiece ridge
4. base
5. green piercing button
6. center chamber
7. air intake vents

Each SPIRIVA capsule is packaged in a blister. (See Figure B)

• Each SPIRIVA capsule contains only a small amount of powder. (See Figure C) This is 1 full dose.
• Do not open the SPIRIVA capsule or it may not work.

Taking your full daily dose of medicine requires 4 main steps.

Step 1. Opening your HandiHaler device:
After removing your HandiHaler device from the pouch:
• Open the dust cap (lid) by pressing the green piercing button. (See Figure D)
• Pull the dust cap (lid) upwards away from the base to expose the mouthpiece. (See Figure E)

Step 2. Inserting the SPIRIVA capsule into your HandiHaler device:
Each day, separate only 1 of the blisters from the blister card by tearing along the perforated line. (See Figure G)

Remove the SPIRIVA capsule from the blister:
• Do not cut the foil or use sharp instruments to take out the SPIRIVA capsule from the blister.
• Bend 1 of the blister corners with an arrow and separate the aluminum foil layers.
• Peel back the printed foil until you see the whole SPIRIVA capsule. (See Figure H)
• If you have opened more than 1 blister to the air, the extra SPIRIVA capsule should not be used and should be thrown away.

Place the SPIRIVA capsule in the center chamber of your HandiHaler device. (See Figure I)

Close the mouthpiece firmly against the gray base until you hear a click. Leave the dust cap (lid) open. (See Figure J)

Step 3. Piercing the SPIRIVA capsule:
• Hold your HandiHaler device with the mouthpiece pointed up. (See Figure K)
• Press the green piercing button once until it is flat (flush) against the base, then release. This is how you make holes in the SPIRIVA capsule so that you get your medicine when you breathe in.
• Do not press the green button more than one time.
• Do not shake your HandiHaler device.
• The piercing of the SPIRIVA capsule may produce small gelatin pieces. Some of these small pieces may pass through the screen of your HandiHaler device into your mouth or throat when you breathe in your medicine. This is normal. The small pieces of gelatin should not harm you.
Step 4. Taking your full daily dose (2 inhalations from the same Spiriva® HandiHaler® (tiotropium bromide inhalation powder) capsule):

**Breathe out completely in 1 breath, emptying your lungs of any air.** (See Figure L)

**Important: Do not** breathe into your HandiHaler device.

**With your next breath, take your medicine:**
- **Hold your head in an upright position while you are looking straight ahead.** (See Figure M)
- **Raise your HandiHaler device to your mouth in a horizontal position.** **Do not** block the air intake vents.
- **Close your lips tightly around the mouthpiece.**
- **Breathe in deeply** until your lungs are full. You should **hear or feel the SPIRIVA capsule vibrate** (rattle). (See Figure M)
- Hold your breath for a few seconds and, at the same time, take your HandiHaler device out of your mouth.
- **Breathe normally again.**

The rattle tells you that you breathed in correctly. If you do not hear or feel a rattle, see the section, “If you do not hear or feel the SPIRIVA capsule rattle as you breathe in your medicine.”

**To get your full daily dose, you must again, breathe out completely** (See Figure N) and for a second time, **breathe in** (See Figure O) from the same SPIRIVA capsule.

**Important: Do not** press the green piercing button again.

**Remember:** To get your full medicine dose each day, you must breathe in 2 times from the same SPIRIVA capsule. Make sure you breathe out completely each time before you breathe in from your HandiHaler device.

**Caring for and storing your SPIRIVA HandiHaler:**
- **After taking your daily dose,** open the mouthpiece and tip out the used SPIRIVA capsule into your trash can, without touching it.
- **Remove any SPIRIVA capsule pieces** or SPIRIVA powder buildup by turning your HandiHaler device upside down and gently, but firmly, tapping it. (See Figure P)
  - Then, close the mouthpiece and dustcap for storage.
- **Do not** store your HandiHaler device and SPIRIVA capsules (blisters) in a damp moist place. Always store SPIRIVA capsules in the sealed blisters.

**If you do not hear or feel the SPIRIVA capsule rattle as you breathe in your medicine:**
- **Do not** press the green piercing button again.

Hold your HandiHaler device with the mouthpiece pointed up and tap your HandiHaler device gently on a table. (See Figure Q)

Check to see that the mouthpiece is completely closed. Breathe out completely before deeply breathing in again with the mouthpiece in your mouth. (See Figure Q)

If you still do not hear or feel the SPIRIVA capsule rattle after repeating the above steps:
- **Throw away the SPIRIVA capsule.**

**Cleaning your HandiHaler device:**

Clean your HandiHaler device as needed. (See Figure R)

- **It takes 24 hours** to air dry your HandiHaler device after you clean it.
- **Do not** use cleaning agents or detergents.
- **Do not** place your HandiHaler device in the dishwasher for cleaning.

**Cleaning Steps:**
- **Open the dust cap and mouthpiece**
- **Open the base by lifting the green piercing button.**
- **Look in the center chamber for SPIRIVA capsule pieces or powder buildup.** If seen, tap out.
- Rinse your HandiHaler device with warm water, pressing the green piercing button a few times so that the center chamber and the piercing needle is under the running water. Check that any powder buildup or SPIRIVA capsule pieces are removed.
- Dry your HandiHaler device well by tipping the excess water out on a paper towel. Air-dry afterwards, leaving the dust cap, mouthpiece, and base open by fully spreading it out so that it dries completely.
- **Do not** use a hair dryer to dry your HandiHaler device.
- **Do not** use your HandiHaler device when it is wet. If needed, you may clean the outside of the mouthpiece with a clean damp cloth.

**Helpful Hints** to help ensure that you are properly taking your full daily dose of SPIRIVA HandiHaler:
- **Press the green piercing button 1 time; Breathe in 2 times; Breathe out completely** before each of the 2 inhalations.
- **Always** use the new HandiHaler device provided with your medicine.
- Keep your HandiHaler device with the mouthpiece pointed up when pressing the green piercing button.
- **Press the green piercing button 1 time** to pierce the SPIRIVA capsule.
- **Do not** breathe out into your HandiHaler device.
- Keep your HandiHaler device in a horizontal position and keep your head upright, looking straight ahead, when breathing in.
- **Check the center chamber of your HandiHaler device for SPIRIVA capsule pieces or powder build-up.** If pieces or powder are seen, tap out before use.
- **Clean your HandiHaler as needed and dry thoroughly.**

For more information, ask your doctor or pharmacist, or go to www.spiriva.com, or scan the code below, or call 1-800-542-6257.

This Instructions for Use has been approved by the U.S. Food and Drug Administration.