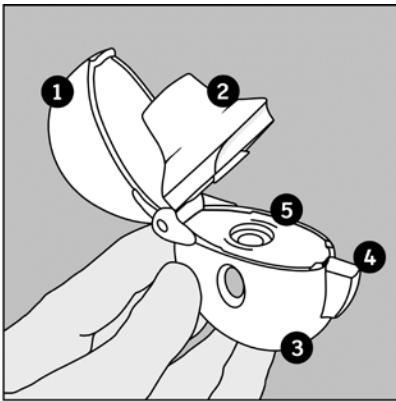


HandiHaler®



How do you take your dose of Spiriva® using the HandiHaler®?

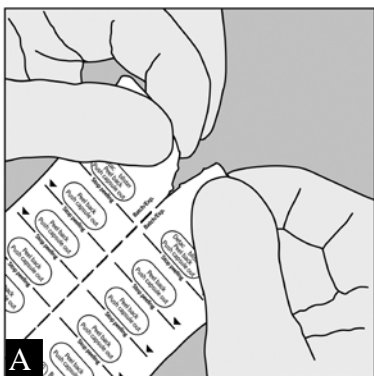
Taking your dose of Spiriva requires four main steps: Open the blister and the HandiHaler device, insert the Spiriva capsule, press the HandiHaler button, and inhale your medication.



Become familiar with the components of the HandiHaler inhalation device:

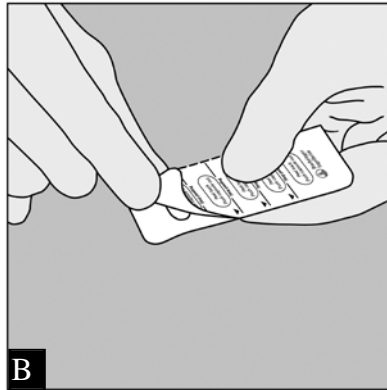
1. dust cap
2. mouthpiece
3. base
4. piercing button
5. centre chamber

Removing the Spiriva capsule from the blister



Spiriva capsules are packaged in a blister card. Each blister card consists of two blister strips, each containing 5 capsules and joined along a perforated line. Prior to removing the first capsule from the blister card,

separate the blister strips by tearing along the perforation. (Figure A)



The blister should be carefully opened to expose only one capsule at a time. Immediately before you are ready to use your dose of Spiriva, peel back the aluminium foil using the tab at the rounded edge until one capsule is fully visible. The foil lidding should only be peeled back as far as the STOP line printed on the blister foil to prevent exposure of more than one capsule. (Figure B) Turn the blister strip upside down and tip the capsule out, tapping the back of the blister pack, if necessary. **DO NOT CUT THE FOIL OR USE SHARP INSTRUMENTS TO REMOVE THE CAPSULE FROM THE BLISTER.**

Capsules should always be stored in the sealed blisters and only removed immediately before use. The medicine should be used immediately after the packaging over an individual capsule is opened, or else its effectiveness may be reduced.

If additional capsules are inadvertently exposed to air, they should not be used and should be discarded.

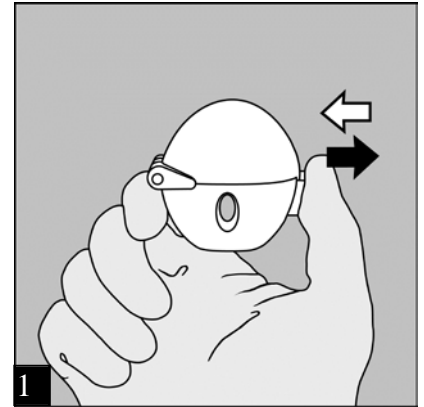
Do not store capsules in the HandiHaler.

Directions for Use

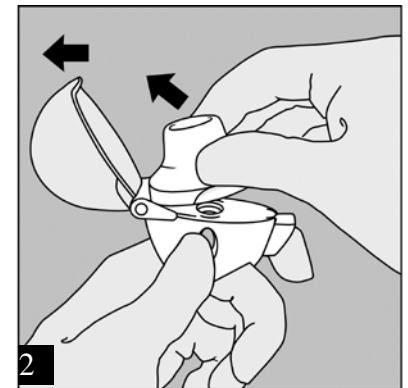
The HandiHaler enables you to inhale the medicine contained in the Spiriva capsule that your doctor has prescribed for your breathing problems.

Remember to carefully follow your doctor's instructions for using Spiriva.

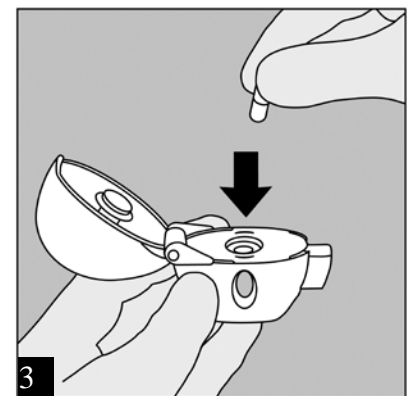
The HandiHaler is especially designed for Spiriva. It must not be used to take any other medication. Your HandiHaler can be used for up to twelve months to take your medication. You will need to replace your HandiHaler every twelve months.



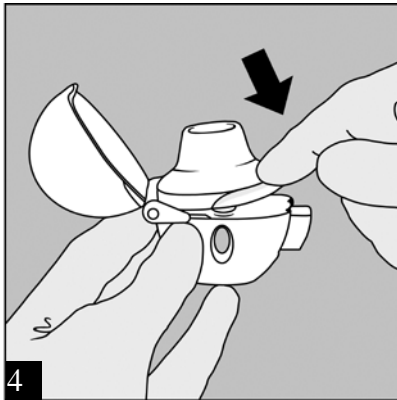
To release the dust cap press the piercing button completely in and let go.



OPEN: Open the dust cap by pulling it upwards. Then open the mouthpiece by pulling it upwards.

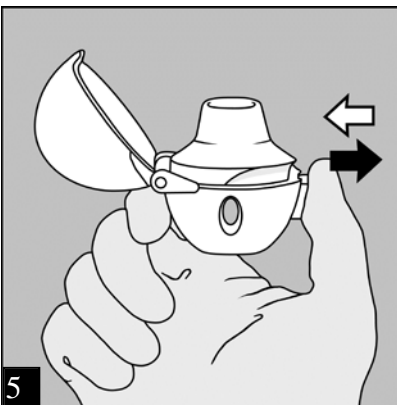


INSERT: Place the capsule in the centre chamber. It does not matter which end of the capsule is placed in the chamber.



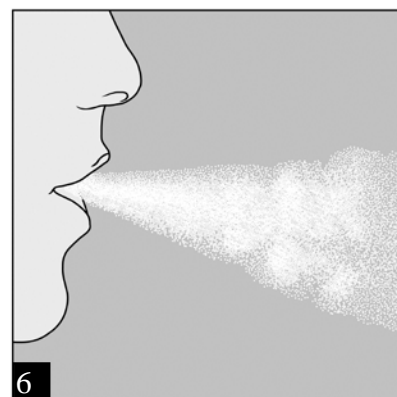
Close the mouthpiece **firmly until you hear a click**, leaving the dust cap open. Check to see that the mouthpiece is completely closed.

Be sure that the mouthpiece sits firmly against the base so that there is no gap between the mouthpiece and the base.



PRESS: Hold the HandiHaler with the mouthpiece upwards and press the piercing button completely in only once until it is flush against the base, and release.

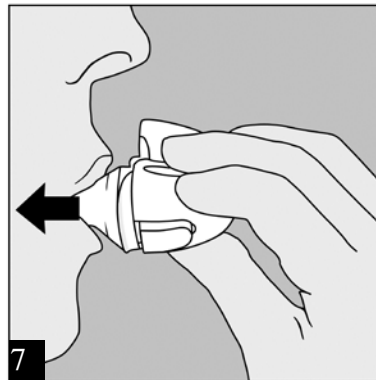
This makes holes in the capsule and allows the medication to be released when you breathe in.



Breathe out completely.

Important:

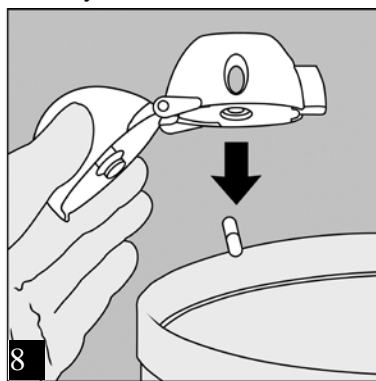
Do not breathe (exhale) into the HandiHaler mouthpiece at any time.



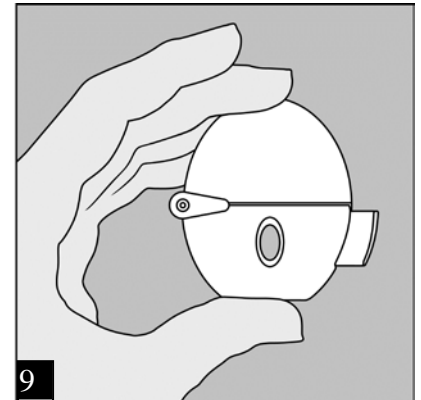
INHALE: Raise the HandiHaler to your mouth and close your lips tightly around the mouthpiece. **Keep your head in an upright position and breathe in slowly and deeply** but at a rate **sufficient to hear or feel the capsule vibrate**. Breathe in until your lungs are full; then hold your breath as long as is comfortable and at the same time take the HandiHaler out of your mouth. Resume normal breathing.

To ensure you get the full dose of Spiriva, you must repeat steps 6 and 7 once again.

If you do not hear or feel the capsule vibrate, tap the HandiHaler gently on a table, holding it in an upright position. Check to see that the mouthpiece is completely closed. Then breathe in again - slowly and deeply. If you still do not hear or feel the capsule vibrate after repeating the above steps please consult your doctor or pharmacist to ensure that you are using the HandiHaler correctly.

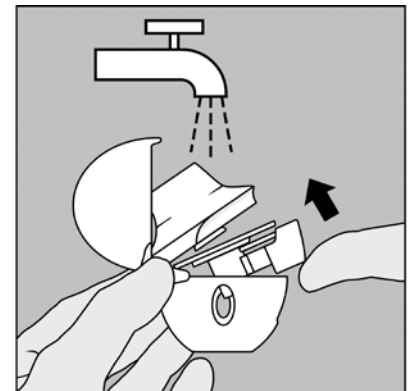


After you have finished taking your daily dose of Spiriva, open the mouthpiece again. Tip out the used capsule and discard.



Close the mouthpiece and dust cap for storage of your HandiHaler device.

Cleaning your HandiHaler



Clean the HandiHaler once a month.

Open the dust cap and mouthpiece.

Then open the base by lifting the piercing button. Rinse the complete inhaler with warm water to remove any powder. Dry the HandiHaler thoroughly by tipping excess water out on a paper towel and air-dry afterwards, leaving the dust cap, mouthpiece and base open.

It takes 24 hours to air dry, so clean it right after you use it and it will be ready for your next dose.

If needed, the outside of the mouthpiece may be cleaned with a moist, but not wet, tissue.

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