

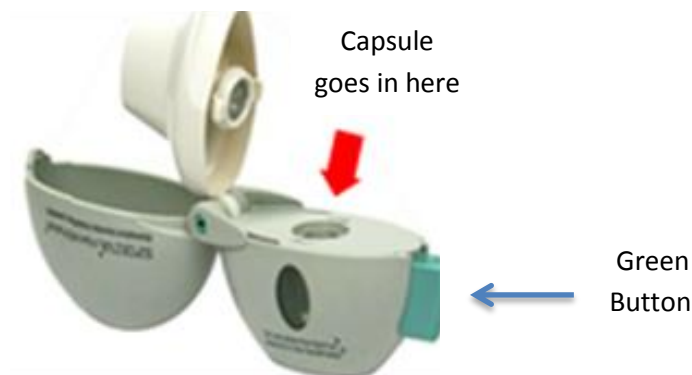
Spiriva™ HandiHaler™ (Tiotropium) 18mcg



This guide will teach you how to use your inhaler.

Follow these steps before you use your inhaler for the first time:

1. Take the inhaler device out of the box and identify all of the parts that are labeled in the picture below.
2. Flip open the cover of the inhaler to show the white mouthpiece. Then flip open the white mouth piece to show the hole for the capsule. Notice the green button. When you press this button, little “stabbers” will enter the chamber.



When you are ready to take a dose, please follow these instructions:

1. Open the inhaler completely to show the capsule chamber.
2. With clean, DRY hands, peel the paper backing that cover the capsule and push one capsule through the foil wrapper.
3. Place it in the capsule chamber. Only take a capsule out of the foil right before you use it.
4. Close the mouthpiece firmly against the gray base until you hear a click.

5. Press the green button on the side of the inhaler in all the way to poke holes in the capsule so medication can be released.
6. Breathe out releasing as much air from your lungs as you can. Never blow out into the inhaler.
7. Hold the inhaler up to your mouth as shown to the right.
8. **Slowly** breathe in through your mouth, all the way. You should hear or feel the capsule vibrate (rattle).
9. Take the inhaler out of your mouth.
10. Hold your breath for 5-10 seconds.
11. Breathe out, away from the inhaler mouthpiece.
12. You must repeat steps 6-11 so you can get the full dose.
13. Open the chamber and remove the broken capsule. Throw the capsule away. Close the inhaler.



Important Notes:

- Clean your inhaler once a month. Open the inhaler fully by opening the top and then pushing upward on the green button on the side of the inhaler. Hold the inhaler open and rinse it under warm water for 30 seconds. Do NOT use any soaps or detergents. Shake out any excess water. Leave the inhaler on a towel overnight to air dry. NEVER use your inhaler when it is wet.
- Only the capsule that comes with this inhaler should be used. Do NOT use other medications in this inhaler. Do NOT swallow the capsule.
- Store your inhaler in a cool, dry, and dark place, such as a drawer in your bedroom or kitchen; do NOT store your inhaler in the bathroom. Keep away from children and pets.