

### How to Use Your SPIRIVA® HANDIHALER® Inhaler

Your clinician has prescribed a medication called SPIRIVA that comes in a HANDIHALER inhaler. It is important that you know how to use SPIRIVA HANDIHALER so that you can take your medication correctly and breathe better.

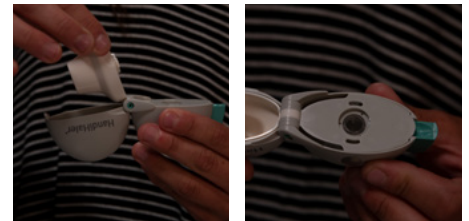
To open the HANDIHALER inhaler, complete these steps:



1. Open the dust cap by pressing the green piercing button.



2. Pull the dust cap up and away from the base. You should see the mouthpiece.



3. Pull the mouthpiece up and away from the base. You should see the center chamber.

To load a SPIRIVA capsule in the HANDIHALER inhaler, complete these steps:



1. Wash your hands thoroughly.
2. Separate and remove 1 SPIRIVA capsule from the blister pack by tearing along the perforation.  
**Important:** Do not use a knife, scissors, or other sharp implement to cut the blister pack.

3. Bend back the corner of the blister pack that has an arrow, and then remove the cover layer to expose the SPIRIVA capsule. Each blister pack contains 1 SPIRIVA capsule.  
**Important:** If you accidentally open more than one blister pack, do not use the other capsules. Discard them properly.



4. Insert the SPIRIVA capsule in the center chamber of the HANDIHALER inhaler.



5. Close the mouthpiece over the base until you hear a click. Leave the dust cap open.



6. Hold the HANDIHALER inhaler in your hand with the mouthpiece facing up.



7. Press the green piercing button ONCE. **Important: Do not press the green piercing button more than once.** The piercing button punctures the SPIRIVA capsule and releases the powdered medicine that you will inhale.

To take your dose of SPIRIVA, complete these steps:



1. Sit up straight or stand.  
**Important:** Do not shake the HANDIHALER device.



2. Hold the inhaler away from your face, and then breathe out.  
**Important:** Do not blow into the inhaler.



3. Place the mouthpiece between your lips, and then close your lips around the mouthpiece.



4. Take one long, steady, deep breath through your mouth and the inhaler. Breathe in fast and deep. You should be able to hear the SPIRIVA capsule vibrating inside the inhaler.



5. Remove the inhaler from between your lips.
6. Hold your breath for 10 seconds (or as long as you can).



7. Breathe out slowly.
8. Repeat steps 1-7, but do not press the green piercing button again. **Important:** To make sure you have received the full dose of SPIRIVA, inhale each SPIRIVA capsule twice from the HANDIHALER inhaler.



9. Pull up on the mouthpiece, and let the empty SPIRIVA capsule fall into the trash can.  
**Important:** Do not touch the empty capsule.



10. Hold the HANDIHALER upside down, and gently tap it to remove any SPIRIVA powder.
11. Close the mouthpiece.



12. Close the dust cap and store the SPIRIVA HANDIHALER until the next dose.

**!** Note: Keep the SPIRIVA HANDIHALER and all medications out of the reach of children and pets.