

How to Use Your TOBI® Podhaler®

Your clinician has prescribed medication that comes in a TOBI Podhaler inhaler. It is important that you know how to use the Podhaler device so that you can take your medication correctly and breathe better.

Important: Each TOBI Podhaler package contains a 28-day, a 7-day, or a 1-day supply of capsules. Use a new Podhaler inhaler for every 7-day pack of capsules.

Note: Each blister card contains eight capsules of medication, or 1 day's dose. You must take four capsules in the morning and four capsules in the evening.

To use your TOBI® Podhaler®, complete these steps:



1. Hold the base of the device upright and unscrew the top counter-clockwise as shown in the picture. Set the top aside on a clean surface.



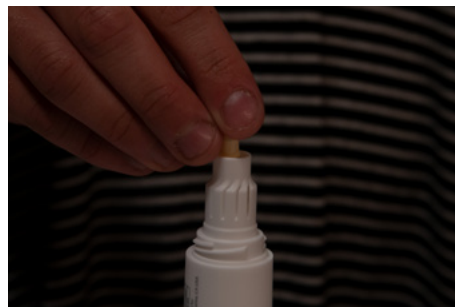
2. Stand the podhaler up in the base as shown in the picture.



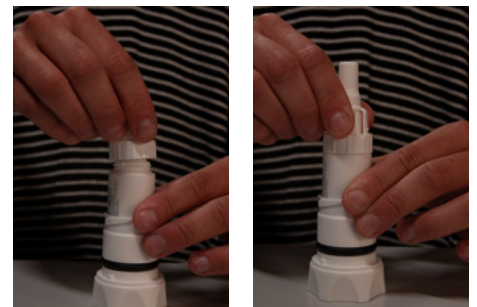
3. While holding the podhaler and base, unscrew the mouthpiece in a counter-clockwise direction as shown in the picture. Set the mouthpiece on a clean surface.



4. Peel the foil covering back that is covering the TOBI capsules and remove one of the capsules.



5. Place this TOBI capsule into the top of the Podhaler as shown in the picture.



6. Place the mouthpiece back on top of the Podhaler and tighten in a clockwise direction as pictured. Avoid overtightening.



- 7.** Hold the Podhaler with the mouthpiece pointing down and press the blue button firmly with your thumb as shown in this picture. Let go of the blue button. You should only press it once.



- 8.** Breathe out away from the device as shown in the picture.



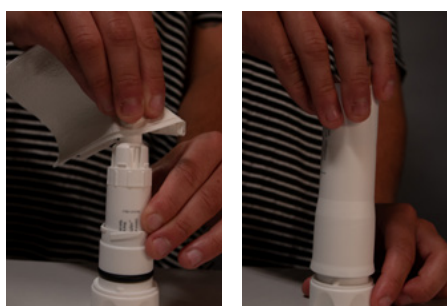
- 9.** Place the Podhaler's mouthpiece in your mouth and close your lips around it as shown in the picture.
10. Inhale deeply with a single breath.



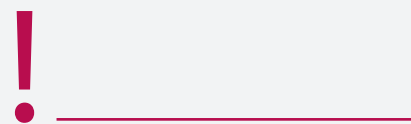
- 11.** Remove the device from your mouth and hold your breath for 5 seconds. Exhale facing away from the inhaler.
12. Repeat steps 9-11 for a second inhalation.



- 13.** Unscrew the mouthpiece from the Podhaler and inspect the capsule to make sure that it was pierced and emptied. If yes, throw the capsule away. If not, repeat steps 7-12.



- 14.** Repeat steps 4-13 three more times until a total of four capsules have been taken.
15. Once all four TOBI capsules have been taken, clean the mouthpiece with a dry cloth and place the Podhaler back in the storage case. Turn the lid of the storage case clockwise to tighten.



When you have inhaled the last dose in the 7-day pack of capsules, dispose of the inhaler properly.

Keep the Podhaler inhaler, the TOBI Podhaler capsules, and all medications out of the reach of children and pets.



Supported in part by an educational grant from GlaxoSmithKline. Supported in part by an independent education grant from Mylan Specialty L.P. and TheravanceBiopharma US, Inc. Supported in part by an independent medical education grant from Sunovion Pharmaceuticals Inc. Supported in part through an independent educational grant from Teva Pharmaceuticals.