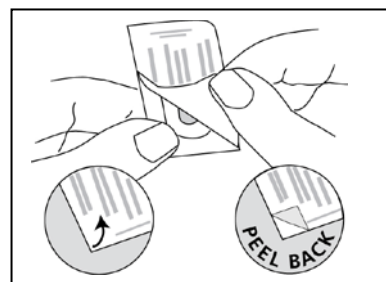


How to use your Spiriva® HandiHaler®

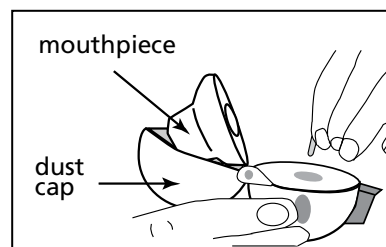
Remove your dose from the packet

1. Spiriva capsules are packaged in a blister card. Each capsule dose is in a single blister pack. Separate only 1 of the blisters from the card by tearing along the perforated line.
2. To open, bend one of the blister corners marked with an arrow and peel back the printed foil until you see the whole Spiriva capsule. Do not cut the foil or use sharp instruments to remove capsule.
3. If you accidentally peel the foil back on more than one capsule, the extra capsule should not be used (throw away). Keep the other doses covered by the foil.



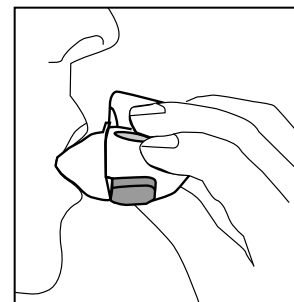
Insert the capsule into the HandiHaler

1. Push the green button to open the dust cap of your HandiHaler, then pull up on the dust cap to open it all the way. Then open the mouthpiece.
2. Put the Spiriva capsule in the center chamber. It doesn't matter which end of the capsule is placed into the chamber.
3. Close the mouthpiece over the capsule until you hear the mouthpiece click. Leave the dust cap open.
4. Make sure the mouthpiece is tight against the gray base, so there's no space between the mouthpiece and base.



Prepare to take your dose

1. Hold your HandiHaler with the mouthpiece facing up. Press the green button on the base of your HandiHaler all the way in, until it's even with the base. Then release the green button. This breaks the capsule to release the medicine.
2. Hold the gray base of your HandiHaler. Make sure you don't block any of the air vents.
3. Breathe out all the way. Don't breathe out into the HandiHaler mouthpiece.
4. Lift your HandiHaler to your mouth and close your lips tightly around the mouthpiece. Keep your head straight, looking forward.

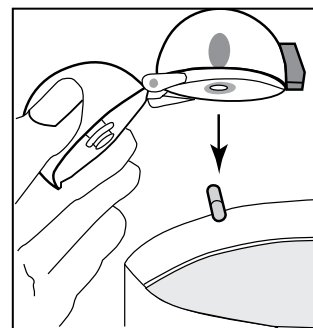


Inhale your dose

1. Breathe in deeply until your lungs are full. You should hear or feel the capsule vibrate.
2. Take your Handihaler away from your mouth.
3. Hold your breath for as long as you can, then let your breath out and breathe normally.
4. To make sure you get your full dose of Spiriva, **repeat steps 1 – 3.**

After your dose

1. After you're done taking your dose, open the mouthpiece of your HandiHaler. Tip it upside down to remove the capsule, and throw the capsule away. Don't touch the capsule.
2. Close the mouthpiece and the dust cap of your HandiHaler for storage.
3. Wash your hands after using your HandiHaler.



Important tips

- Never swallow the capsules. The drug should only be inhaled by using the Handihaler device. The drug cannot help your breathing if it is not inhaled.
- If the capsule doesn't come out of the foil right away, lightly tap the back of the strip to release it. Don't cut the foil or use anything sharp to remove the capsule.
- Remove only **1** capsule at a time, right before you use it. Don't keep capsules in your HandiHaler. Keep unused capsules in the sealed foil packet.
- If you uncover a capsule but don't use it right away, throw it away.
- It's important to hear or feel the capsule vibrate when you inhale your medicine. If you don't, check to make sure the mouthpiece is tightly closed. Then hold your HandiHaler upright and tap it lightly on a table. Inhale again. If you still don't hear or feel the capsule vibrate, talk to your doctor or pharmacist.

Clean your HandiHaler as needed. Instructions for cleaning can be found inside the box your HandiHaler came in or online at spiriva.com.