

How To Use Your Handihaler Device Containing Tiotropium (Spiriva®)

Handihaler device
(exact colour will vary)



Tiotropium capsule
(foil peeled away, step 2)



Why use this sheet?

This sheet contains important information to help you use the inhaler device properly. Keep it in a place where you can find it. This sheet also indicates how the inhaler will help you and reminds you of how many puffs to take and how often.

How using this inhaler will help me:

By using this I will:

- Decrease my chances of coming back to hospital with a COPD flare-up.
- Improve the symptoms that I have such as: _____

How many puffs do I need to take and how often:

My dosing regimen is: _____ puffs _____ per day Date: _____

See over for step by step instructions

Inhaler Administration Steps

Prepare the device

1. Open lid and mouthpiece.
2. Fold and separate the two blister strips, tear down the middle. Peel back foil on flat side, exposing only one capsule.
3. Place the capsule in the chamber.
4. Close mouthpiece, ensuring a click is heard.
5. Hold inhaler upright, then press blue button fully once (this pierces the capsule).

Get ready to inhale

6. Breathe out normally and away from the inhaler.
7. Put mouthpiece in mouth between your teeth and close lips around it to make a good seal.
8. Inhale forcefully and deeply until your lungs are full, so that the capsule vibrates as you breathe in.
9. Hold breath for 5 to 10 seconds, while removing the inhaler from your mouth.
10. Breathe out away from the inhaler.
11. Repeat steps 6-8 but do not pierce the capsule again (do not press blue button again).
12. Open the mouthpiece and tip the used capsule in the garbage and close. Wash your hands.

If you have any questions about how to use this, take your device and ask your local community pharmacist to check your technique.
You can also watch videos at www.lung.ca

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