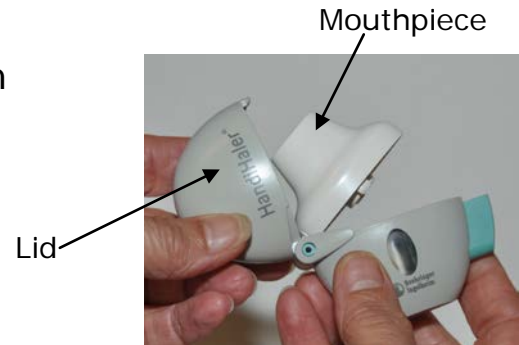
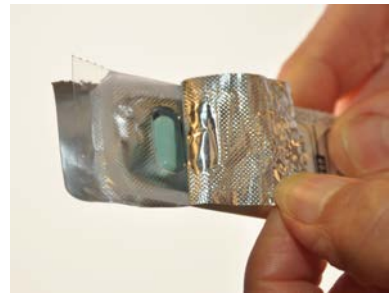


How to use the Spiriva Handihaler

1. Hold Handihaler in one hand, and open the gray lid and white mouthpiece.



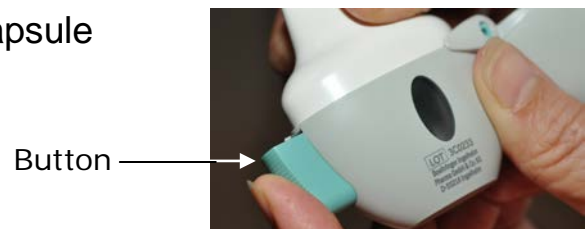
2. Carefully open the foil packaging containing capsules.



3. Place one capsule (green) in the compartment below the white mouthpiece.



4. Close the mouthpiece. Puncture capsule by pushing the green button.



5. Hold the handihaler upright with mouthpiece towards you.

Exhale



6. Exhale or blow out a deep breath away from the handihaler.

7. Place the mouthpiece gently between your teeth.

8. Close your lips and breathe in hard and deeply through your mouth (not through nose). You may be able to hear the capsule rattling around inside the compartment.



9. Remove and hold breath for 10 seconds (or as long as comfortable).

Breathe out (fully exhale).

Then do step 8 and 9 again!

We recommend that you do this twice so you get all of the medication.



10. Open compartment and throw capsule away.



11. Close dust cap.

