

Using Your Spiriva® Handihaler®

Patient Education Guide

AMERICAN COLLEGE OF
CHEST
P H Y S I C I A N S

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To make your breathing better, you **MUST** take your medicine as explained below. Following these instructions puts more of the medicine into your lungs and helps keep your nebulizer clean. This will open up your air passages and help you breathe easier and feel better.



1
Open the Handihaler® by pulling up on the dust cap and then pulling up on the mouthpiece. This will expose the center chamber, where you will put the capsule of medicine.



2
There are two strips of capsules. Each strip has three capsules. Separate the two strips down the center.



3
Pull back on the wrapper just enough to get out one capsule. It is important the other capsules stay sealed until just before use.



4
Place the capsule in the center chamber.



5
Close the mouthpiece over the capsule until you hear a click.



6
Press the button on the side of the Handihaler® just **ONCE**. This will break the capsule open and release the powder for you to breathe in.



7
Sit up straight or stand. Breathe out all the way. Make sure you **NEVER BREATHE OUT** into the Handihaler®.



8
Put the mouthpiece of the Handihaler® between your lips. Close your lips, and make a tight seal. **BREATHE IN FAST AND DEEP.** You should be able to hear the capsule inside the Handihaler® vibrate.



9
Remove the Handihaler® from your mouth, and **HOLD** your breath for 10 seconds. If you cannot hold your breath for 10 seconds, hold your breath as long as you can. To make sure you got all the medicine, repeat steps 7-9.



10
After you have taken the medicine, pull up on the mouthpiece, and dump capsule in a trash can. Do not touch the capsule. Close the mouthpiece and the dust cap for storage. Wash your hands after using this device.

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