Package leaflet: Information for the user

Spiriva 18 microgram, inhalation powder, hard capsule

Read all of the leaflet carefully before you start using this medicine because it contains important information for you.

1. Why Spiriva 18 microgram is used and how it is used

Spiriva 18 microgram contains the active ingredient tiotropium. Spiriva 18 microgram is used to treat chronic obstructive pulmonary disease (COPD) to breathe more easily.

2. How many capsules to be used before you stop Spiriva 18 microgram

No. Yes

3. How to use Spiriva 18 microgram

The HandiHaler device, which you should put the Spiriva capsule into, is a dispenser that helps you to get the medicine into your lungs. You should not swallow the Spiriva capsules. You should use the Spiriva capsule only in your HandiHaler device.

4. Why use Spiriva 18 microgram

Spiriva 18 microgram contains lactose and lactose anhydride, which may cause allergic reactions (intolerance) in some patients. It may cause possible hypoglycaemia (low blood sugar) in some people with diabetes. You should use Spiriva 18 microgram only if your doctor or pharmacist believes that it is suitable for you.

5. How to store Spiriva 18 microgram

If you forget to take a dose, take one as soon as you remember it. Do not take two doses at the same time.

6. Contents of the pack and other information

The occurrence of dizziness, blurred vision, or headache may influence the ability to drive and use machinery. You should not drive or use machinery until you know how Spiriva 18 microgram affects you. The HandiHaler device is a dispenser for Spiriva 18 microgram.

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Dear Patient,

The HandiHaler enables you to inhale the medicine contained in the Spiriva capsule – that your physician has prescribed for your breathing problems.

Remove a SPIRIVA capsule from the blister (only immediately before use, see blister handling) and place it in the centre chamber (1), as illustrated. It does not matter which way the capsule is placed in the chamber.

Raise the HandiHaler to your mouth and close your lips tightly around the mouthpiece. Keep your head in an upright position and breathe in slowly and deeply but at a rate sufficient to hear or feel the capsule vibrate. Breathe in until your lungs are full; then hold your breath as long as comfortable and at the same time take the HandiHaler out of your mouth.

Resume normal breathing. Repeat steps 6 and 7 once, in order to empty the capsule completely.

Cleaning your HandiHaler

Open the mouthpiece completely by pulling it upwards. Then open the mouthpiece by pulling it upwards.

Hold the HandiHaler device with the mouthpiece upwards and press the piercing button completely in only once, and release. This makes holes in the blister strip to allow the medicine to be released when you inhale.

Open the mouthpiece again. Tip out the used capsule and dispose. Close the mouthpiece and dust cap for storage of your HandiHaler device.

Remove a SPIRIVA capsule from the blister (only immediately before use, use blister handling) and place it in the centre chamber (1), as illustrated. It does not matter which way the capsule is placed in the chamber.

Breath out completely. Important: Please avoid breathing into the mouthpiece at any time.

Remove capsule. SPIRIVA capsules contain only a small amount of powder so that the capsule is only partially filled.

Remember to carefully follow your doctor’s instructions for using SPIRIVA. The HandiHaler is especially designed for SPIRIVA. You must not use it to take any other medicine. You can use your HandiHaler for up to one year to take your medicine.