What to do before you take SPIRIVA 18 microgram

- Do not take SPIRIVA 18 microgram if you:
  - have urinary retention or difficulty in passing urine
  - have had a sensitivity reaction to tiotropium, atropine or similar drugs
  - have had a sensitivity reaction to SPIRIVA 18 microgram in the past (you may be allergic to SPIRIVA 18 microgram)

- Do not take SPIRIVA 18 microgram if:
  - you have severe kidney failure (renal impairment)
  - you have severe liver failure
  - you have a heart condition or unstable heart disease (known as unstable angina or non-ST segment elevation myocardial infarction [NSTEMI])
  - you have had sensitivity to any component of SPIRIVA 18 microgram

- Ask your doctor or pharmacist before taking SPIRIVA 18 microgram if:
  - you are taking any other medicines, particularly medicines that may affect breathing

- Do not take SPIRIVA 18 microgram if:
  - you have had lupus erythematosus in the past
  - you have had a sensitivity reaction to tiotropium, atropine or similar drugs

- Do not take SPIRIVA 18 microgram if you have a bladder or bowel disorder for which you need to exercise control over urination and defecation.

- Do not take SPIRIVA 18 microgram if you have a heart condition that is not stable or a history of unstable heart disease.

- Do not take SPIRIVA 18 microgram if you have a heart condition that is not stable or a history of unstable heart disease.

- Do not take SPIRIVA 18 microgram if you have a heart condition that is not stable or a history of unstable heart disease.
Dear Patient,

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

1. To release the dust cap press the piercing button completely in and let go.

2. Close the mouthpiece firmly until you hear a click,
   leaving the dust cap open.

3. Hold the HandiHaler® device with the mouthpiece upwards and press the piercing button completely in only once, and release. This makes holes in the capsule and allows the medication to be released when you breathe in.

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

5. Clean the HandiHaler® once a month. Open the dust cap and mouthpiece. Then open the base by lifting the piercing button. Remove the complete inhaler with warm water to remove any powder. Dry the HandiHaler® thoroughly by tipping excess of water from the mouthpiece and then open. Let it dry for one hour, so clean it right after you have used it and it will be ready for your next dose. If needed the outside of the mouthpiece may be cleaned with a moist but not wet tissue.

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 medication. You can use your HandiHaler® for up to one year to take your medication.

Cleaning your HandiHaler®:

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

7. Open the dust cap completely by pulling it upwards.

8. Then open the mouthpiece by pulling it upwards.

9. Close the HandiHaler® device with the mouthpiece upwards and press the piercing button completely in and let go. This makes holes in the capsule and allows the medication to be released when you breathe in.

10. To release the dust cap press the piercing button completely in and let go.

11. Close the mouthpiece firmly until you hear a click, leaving the dust cap open.

12. 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. This indicates that the SPIRIVA® capsule is being released and at the same time the HandiHaler® fits your mouth.

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

Cleaning your HandiHaler®:

- Dust cap
- Mouthpiece
- Base
- Piercing button
- Centre chamber

Blister handling:

- Peel back foil (only immediately before use) using the tab until one capsule is fully visible.

- Separate the blister strips by tearing along the perforation.

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

- In case a second capsule is exposed to air inadvertently this capsule has to be discarded.

- Separate the blister strips by tearing along the perforation.

- 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. This indicates that the SPIRIVA® capsule is being released and at the same time the HandiHaler® fits your mouth.

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

- Separate the blister strips by tearing along the perforation.

- Peel back foil (only immediately before use) using the tab until one capsule is fully visible.

- In case a second capsule is exposed to air inadvertently this capsule has to be discarded.

- Open the dust cap 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 and let go. This makes holes in the capsule and allows the medication to be released when you breathe in.

- Clean the HandiHaler® once a month. Open the dust cap and mouthpiece. Then open the base by lifting the piercing button. Remove the complete inhaler with warm water to remove any powder. Dry the HandiHaler® thoroughly by tipping excess of water from the mouthpiece and then open. Let it dry for one hour, so clean it right after you have used it and it will be ready for your next dose. If needed the outside of the mouthpiece may be cleaned with a moist but not wet tissue.

- Remove capsule.

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

- Manufacturer of the HandiHaler® device: Boehringer Ingelheim Pharma GmbH & Co. KG D-55216 Ingelheim am Rhein Germany