



Using your Spiriva® HandiHaler® (tiotropium): Steps 1 to 13



1. Peel back the foil using the tab and **remove 1 capsule immediately before use**. Only open 1 capsule at a time.
2. Open the dust cap by pulling it upward.
3. Open the mouthpiece.
4. Place the capsule in the center chamber (it does not matter which end of the capsule is placed in chamber).
5. Close the mouthpiece firmly until you hear a click, leaving the dust cap open.
6. Hold the device with the mouthpiece facing up and press the piercing button completely in 1 time and release.
7. **Breathe OUT normally** and away from the inhaler. Don't breathe in until step #9.
8. Put the device in your mouth. Close your lips tightly around the mouthpiece.
9. **Breathe IN quickly to fill you lungs full of medicine.**
10. **Hold your breath for 5 seconds** and then take the device out of your mouth. We want to keep your lungs filled with medicine for 5 seconds.
11. To make sure you get the full dose, **repeat steps #9 and 10.**
12. Open the mouthpiece, tip out the used capsule, and dispose. Do not hold the used capsule in your hand.
13. Close the mouthpiece and dust cap for storage, and store device in a cool, dry place.