

**RUH**

## Spiriva Handihaler

This medicine contains the active ingredient tiotropium, which is a type of medicine known as an antimuscarinic or anticholinergic bronchodilator. It works by opening the airways to make it easier to breathe and lasts for 24hours.



This leaflet gives only basic information. All inhalers come with a more detailed leaflet including information on how many doses your inhaler contains which you should also read. Replacements should be obtained through your GP

## When to take your medication

Dose	Breakfast/bedtime

## How to take your medication

1. Just before you need to use it remove a SPIRIVA capsule from the blister and place it in the centre chamber after removing the used capsule
2. Press the green button on the side of the inhaler to puncture the capsule
3. Breathe out and hold the breath out
4. Bring HandiHaler® to your mouth and close your lips tightly around the mouthpiece.
5. Keep your head in an upright position and breathe in slowly and deeply so you can hear or feel the capsule vibrate.
6. Breathe in until your lungs are full
7. Hold your breath as long as comfortable and at the same time take the HandiHaler® out of your mouth.
8. Resume normal breathing. Repeat steps five and six once, in order to empty the capsule completely.

If you are having any problems with using your inhaler you can discuss this with your local pharmacist/chemist or make an appointment with your practice nurse/GP at the surgery.

Name of patient	
Signature of health care professional assessing patient as competent in using this inhaler	
Any comments or suggestions to improve technique	
Date	