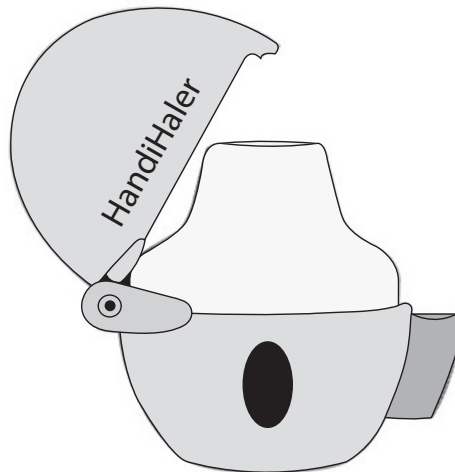


About your HandiHaler

It is important you use the inhaler correctly to make sure you have the full dose of the medication you need.



How does it work?

The Handihaler is used to provide Tiotropium (Spiriva) and the dose is one capsule per day as the effects are sustained for 24 hours. It is a drug to relax muscles of the airways.

How do I use it?

1. Open cover.
2. Lift up white mouth piece.
3. Insert 1 green/blue capsule.
4. Push mouthpiece back down until a click is heard.
5. Press green button in once to pierce capsule.
6. Take a slow breath out.
7. Place lips tightly around mouthpiece and breath in quickly and deeply, then hold for 10 seconds (or as long as is comfortable).
8. Repeat a breath in with the same capsule if necessary to clear all of the powder, check the capsule, if powder remains seek advice on your technique.

UHB is a no smoking Trust

To see all of our current patient information leaflets please visit
www.uhb.nhs.uk/patient-information-leaflets.htm