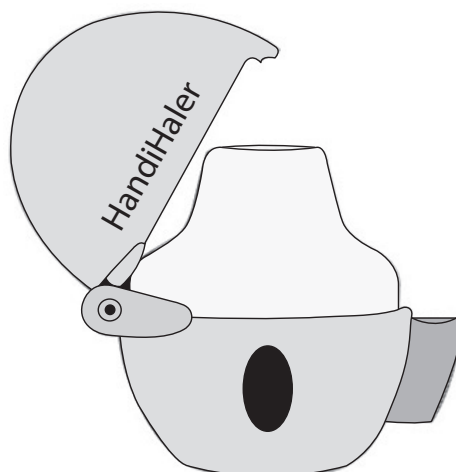


# About your HandiHaler

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](http://www.uhb.nhs.uk/patient-information-leaflets.htm)