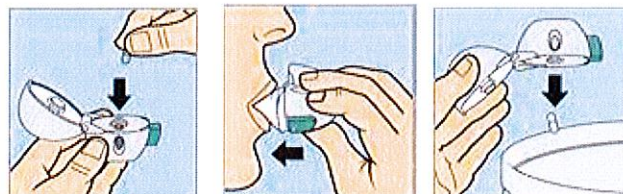
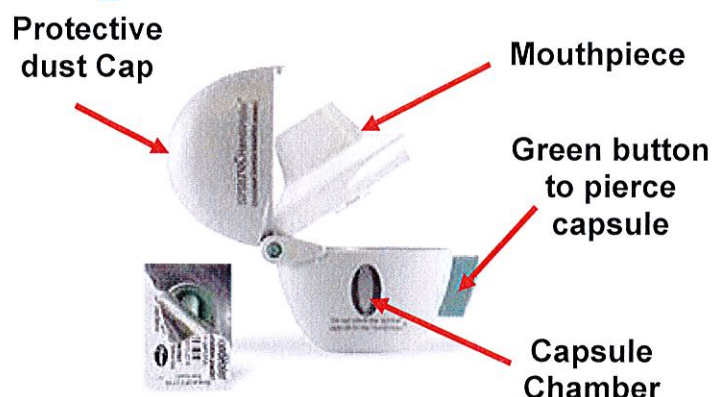


How to use the HandiHaler



"Prepare dose"

1. To release the protective dust cap press the piercing button completely in and then let go. Open the dust cap and white mouthpiece by pulling upwards.
2. Peel back the foil on the blister strip, **exposing one capsule only** and remove it (only open the blister immediately before using as it is sensitive to moisture in the atmosphere)
3. Place the **capsule in the chamber** in the middle of the HandiHaler
4. Close the mouthpiece until you hear a click
5. Hold the HandiHaler® device with the mouthpiece upwards and **pierce the capsule ONCE only** by pressing the **green button** as far as it will go and then release. Do not shake the HandiHaler after piercing the capsule.

"Breathe"

6. **Breathe out** gently, away from the device (to make room in your lungs to breathe in deeply)
7. Put the mouthpiece between your lips and teeth and **form a seal**
8. **Breathe in slowly and deeply** through your mouth to fill your lungs (you will hear the capsule rattle). You will need to **breathe in faster** than with a Metered Dose Inhaler (**MDI**). Even when a full dose is taken there may be no taste
9. Remove the **HandiHaler** from your mouth and **hold your breath** for up to 10 seconds (to allow the drug to settle in your lungs)
10. **Breathe out slowly** (do not breathe out into the HandiHaler)
11. Wait for 30 seconds before **repeating steps 6 – 10** once or twice more **with the same capsule** to ensure it is completely empty.
12. **Remove and discard** the used capsule from the HandiHaler
13. Replace the protective cover

Breathe in deeply!

Follow the information sheet supplied on how to look after your inhaler.

To see a demonstration on correct inhaler technique visit
<http://www.spiriva.com/consumer/taking-spiriva/spiriva-capsules-and-handihaler.jsp>