

## HandiHaler



1. Push green lever in once all the way and release. This will release the outer cover.
2. Lift open outer cover and then lift open the white mouthpiece.
3. Right before use, remove one (only) SPIRIVA capsule from the blister pack and place it in the capsule chamber.
4. Close the mouthpiece firmly until you hear a click, leaving the lid open.
5. Hold the HandiHaler upright and press the green button once all the way in and release.
6. Breathe out gently, to the end of a normal breath with head turned away from the mouthpiece. Do not blow out into the mouthpiece and do not breath in yet.
7. Tilt chin up slightly. Place HandiHaler in your mouth and seal your lips around the mouthpiece.
8. Now breathe in slowly and deeply through your mouth until your lungs are full and hold your breath for 5-10 seconds. You will usually be able to hear the capsule vibrating as you breathe in.
9. Repeat steps 6-8. You must take two breaths from one capsule but you do not need to press the green button for the second breath.
10. Open the mouthpiece. Turn Handihaler upside down over the garbage can to get rid of the used capsule. Do not touch the capsule once it has been punctured. Wash your hands.
11. Close the mouthpiece and lid.

### **Cleaning Instructions**

1. Clean the HandiHaler by hand once per month or as needed. Do not place in dishwasher.
2. Open the lid, lift up the mouthpiece and lift up the piercing button to open the base.
3. Rinse the HandiHaler with warm water to remove any powder. Do not use soap.
4. Shake out the excess water and leave the lid, mouthpiece and base open until unit is completely dry. The best time to clean the HandiHaler is directly after use to allow 24 hours to air dry before next use.