

How to Use a Spiriva Handihaler

Learn the correct way to use a Spiriva Handihaler device.

Difficulty: Easy

Time Required: 5 minutes

Here's How:

1. Open the cap to the Handihaler device.
2. Open the top of the mouthpiece of the Handihaler device, revealing the capsule reservoir.
3. Open the Spiriva capsule package, removing one capsule. **DO NOT SWALLOW THE SPIRIVA CAPSULE!**
4. Place the Spiriva capsule into the reservoir of the Handihaler device.
5. Close the mouthpiece cover to the Handihaler device.
6. Push the button on the side of the Handihaler device. This punctures the Spiriva capsule so that the medication powder can now be inhaled.
7. Make a tight seal with the lips over the mouthpiece, and take a deep breath through the Handihaler device. The capsule will rattle as the deep breath is taken.
8. Hold the breath for 5 to 10 seconds, then exhale normally. Rinse the mouth with water and brush the teeth if desired.
9. Open the mouthpiece cover and remove the empty capsule. Throw the empty capsule into the trash.

