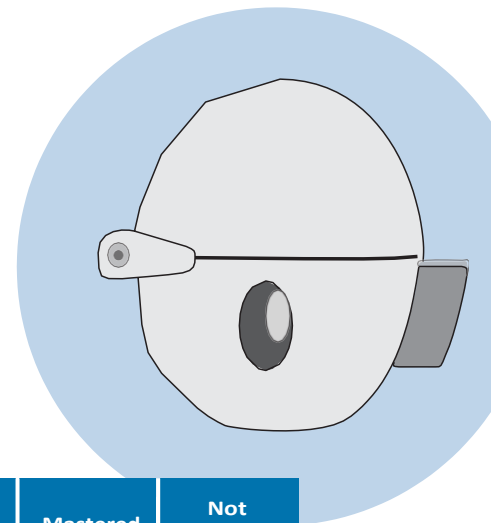


USE OF THE HANDIHALER®



Drug : _____
 Indication (maintenance or rescue or maintenance+rescue): _____
 Number of inhalations: _____ Number of times per day: _____
 Other information: _____



		Mastered	Not mastered
1	Prepare the device: a. Open the protective cap by pushing on the press button b. Push the cap to the side, it does not come off c. Open the mouthpiece by pulling it upwards		
2	Take one capsule of Spiriva® from the blister pack and place it in the central chamber: a. Lift the foil and remove one capsule at a time		
3	Close the mouthpiece firmly until it clicks (leave the cap open)		
4	Keep the device in an upright position, push in once the green button to perforate the capsule and then release		
5	Breathe out normally next to the device, emptying the lungs without forcing		
6	Place the mouthpiece in the mouth (between the lips and teeth) horizontally		
7	Breathe in through your mouth slowly and deeply: a. During inspiration you should hear the capsule vibrate		
8	Move the device away from the mouth		
9	Respect a pause: hold your breath for 5 to 10 seconds		
10	Breathe out through the nose		
11	Repeat steps 6 to 10 to ensure that you have inhaled the entire contents of the capsule		
12	Open the mouthpiece, turn the device and throw the empty capsule into the waste garbage can without touching it with your hands then close the device		

REMARKS

To limit the adverse effects of the medication, rinse your mouth with water (do not swallow the water).

MAINTENANCE:

