

# Using the Spiriva HandiHaler

1. Open the HandiHaler device.
2. Separate only one of the blisters from the blister card and open the blister.
3. Remove the capsule from the blister and insert it into the HandiHaler.
4. Close the mouthpiece firmly against the gray base until you hear a click.
5. Press the green piercing button until it is flush against the base, then release.
6. Breathe out completely.
7. Bring the HandiHaler up to your mouth and close your lips around the mouthpiece creating a tight seal.
8. Breathe in deeply until your lungs are full. You should hear or feel the Spiriva capsule vibrate (rattle).
9. HOLD your breath for 10 seconds to allow the medication to reach the airways of the lung.
10. Repeat steps 6 – 9 a second time to ensure the full dose was delivered.
11. Open the HandiHaler and discard the Spiriva capsule. Wipe the mouthpiece with a tissue if needed and close the dust cap.

## Instructions for the Medication:

<https://www.youtube.com/watch?v=KTudQnaz6nY>

## New York State Smoker's Quitline:

1-866-NY-QUITS (1-866-697-8487)

[www.nysmokefree.com](http://www.nysmokefree.com)



