

# Inhaler technique

# HandiHaler



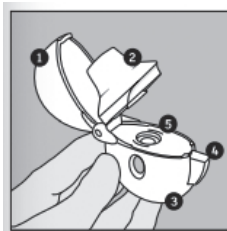
# HandiHaler

1	Open the lid of the HandiHaler by pulling it upwards, then open the white mouthpiece by pulling it upwards.
2	<p>From the packet of capsules, peel back the foil, exposing one capsule only and place the capsule in the chamber in the middle of the HandiHaler.</p> <p>Close the mouthpiece and press it down until you hear a click.</p> <p>Firmly press the green button on the side as far as it will go and release.</p>
3	Breathe out gently as far as is comfortable and <b>NOT</b> in the HandiHaler.
4	<p>Put the mouthpiece in your mouth and close your lips around it.</p> <p>Ensure your teeth and tongue are not blocking the mouthpiece.</p>
5	<p>Breathe in as quickly and deeply as possible.</p> <p>You will hear and feel the capsule vibrate if you breathe in correctly.</p>
6	<p>Remove the HandiHaler from your mouth and hold your breath for up to 10 seconds or as long as you feel comfortable.</p> <p>Then breathe out slowly.</p>
7	<p>To ensure you have inhaled all the medicine, repeat steps 3-6.</p> <p>Tip the capsule out.</p> <p>If the dose has been taken correctly, the capsule should be empty and can be disposed of.</p> <p>Close the mouthpiece and cap.</p>

## Using your HandiHaler device

- Spiriva is a long acting bronchodilator which relaxes the muscles in your airways making it easier for the air to move in and out of your lungs.
- The Spiriva capsules should only be used for inhalation through your HandiHaler device.
- The capsules are for inhalation **only** and should **NOT** be swallowed.
- Spiriva is designed to work slowly over 24 hours and therefore only needs to be used **ONCE** a day.
- If you have missed a dose, take it as soon as you remember. Do not take more than one dose in a single day.
- If you do use more than 1 capsule in a day or if you wish to stop using your Spiriva, please seek medical advice.

## What is inside the box?



**The HandiHaler**

- 1 Dust cap
- 2 Mouthpiece
- 3 Base
- 4 Piercing button
- 5 Centre chamber



- Your HandiHaler device allows you to inhale the medicine in the Spiriva capsule.
- Do not use the HandiHaler for any other medicine.
- Your medicine is in powder form and contained in a capsule.

- Each capsule contains a small amount of the powder, so the capsule is only partially filled.
- The capsules are stored in a blister strip.
- After the first opening of the blister, use within the next 9 days.
- Each HandiHaler device can be used for 1 year.
- Clean the mouthpiece of the device with a moist tissue as needed.
- Store your inhaler at room temperature.

## References

- 7 Steps to Success – Inhaler Technique (2014) (adapted)
- Asthma UK “How to use your inhaler” videos  
Available at: <https://www.asthma.org.uk/advice/inhaler-videos/>
- Chest Heart and Stroke Scotland “My Lungs My Life” videos. Available at: <https://youtube.com/playlist?list=PLhiaAMAGlBpe9RxC6KB3cnfykZq7CjSbD>
- “Getting the basics right – Inhaler Technique” Primary Care Respiratory Society (2016)

## For further support and information, please contact:

Royal Sussex County Hospital

**COPD Nurse Specialist: 01273 523109**

Worthing Hospital

**Respiratory Nurse Specialists: 01903 205111 Ext. 85858**

St Richard’s Hospital

**Respiratory Nurse Specialists: 01243 788122 Ext. 32395**

You can also contact your community pharmacist or practice nurse for advice.

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