Managing your asthma with SPIRIVA® Respimat®

Why have I been prescribed SPIRIVA Respimat?
You have been prescribed SPIRIVA Respimat because you are still experiencing asthma symptoms, even though you have been taking your preventer and reliever medicines regularly. You will need to use SPIRIVA Respimat while continuing to use your preventer and reliever medicines. Regular use of SPIRIVA Respimat can help improve your asthma symptoms. It can also help prevent your asthma from becoming worse.

How do I take SPIRIVA Respimat?
Follow all directions given to you by your doctor or pharmacist carefully.

SPIRIVA will be provided in a medicine cartridge with a Respimat inhaler device. Each dose of medicine should only be inhaled through the mouth using the Respimat inhaler supplied.

Please see overleaf on how to use your SPIRIVA Respimat inhaler. You will need to take two consecutive puffs at the same time each day to get a full dose of medicine.

SPIRIVA is used only as an add-on therapy to other asthma treatment(s) that include an inhaled corticosteroid. Continue taking your inhaled corticosteroid as prescribed by your doctor, even if you feel better.

SPIRIVA Respimat should not be used as a reliever medicine. Do not use SPIRIVA Respimat to treat an asthma attack.

Talk to your doctor or pharmacist if you have any questions about asthma, SPIRIVA Respimat or any other medications.

How long should I use SPIRIVA Respimat for?
Do not stop using SPIRIVA Respimat without talking to your doctor.

SPIRIVA Respimat helps control your asthma, but it does not cure it. It is important to keep using your SPIRIVA Respimat every day, even if you feel well.

Why is it important to keep my asthma under control?
If asthma is not well-controlled it can disrupt your daily life. Uncontrolled asthma can cause sleepless nights, daytime tiredness, absence from work, and increased anxiety. If your asthma is under good control, you should not be having regular asthma symptoms, and you should experience no limit to your daily activities. Regular use of SPIRIVA Respimat along with your other asthma treatment(s) that include an inhaled corticosteroid can help keep your asthma under control.
What should I be aware of while using SPIRIVA Respimat?

All medicines have some risk of side effects. You may not experience any side effects with SPIRIVA Respimat, but it may be helpful to know what to look out for.

The most common side effect of SPIRIVA Respimat is dry mouth, which is usually mild. A full list of possible side effects can be found in the SPIRIVA Respimat Consumer Medicine Information leaflet. Tell your doctor if you feel unwell or notice anything unusual after using SPIRIVA Respimat.

If any of the following occur, seek medical attention immediately:

- Blurred vision
- Seeing halos around lights or coloured images in association with red eyes; high pressure in the eye (glaucoma)
- Difficulty swallowing
- Heartburn
- Difficulty or pain when urinating, urinary tract infection, increased need and frequency in passing urine
- Allergic reactions
- Worsening breathing problems (induced by the inhalation process)
- Constipation

Tell your doctor immediately or go to Emergency at your nearest hospital if you notice:

- Changes in heart rate or palpitations
- Shortness of breath, wheezing or difficulty breathing; swelling of the face, lips, mouth, tongue, or throat which may cause difficulty in swallowing or breathing; swelling of other parts of the body; rash, itching or hives on the skin

Who should not use SPIRIVA Respimat?

Your doctor will decide whether SPIRIVA Respimat is suitable for you before prescribing it. You will need to tell your doctor if you have, or have had, the following medical conditions:

- Any allergies
- High pressure in the eye (glaucoma)
- Kidney, liver or prostate gland problems
- Problems passing urine
- A heart attack in the last 6 months
- Any unstable or life-threatening irregular heart beat or severe heart failure in the past year.

Be sure to inform your doctor if you are pregnant or breastfeeding, or planning to become pregnant.

If you are using any medicines (including those you have bought without a prescription) or any herbal remedies, be sure to inform your doctor, as these may interfere with SPIRIVA Respimat (or vice versa).

If you have any questions about asthma, SPIRIVA Respimat or any other medicines, speak to your doctor or pharmacist.

How often should I take SPIRIVA Respimat?

You will need to use your Respimat inhaler once daily, and take two puffs, to receive a full dose of medicine.

What if I forget to take my SPIRIVA Respimat?

If you miss a dose of SPIRIVA Respimat, take it as soon as you remember UNLESS it is only a few hours until your next dose. If it is almost time for your next dose, skip the missed dose and take only the next dose at the usual time. DO NOT take a double dose to make up for the missed dose the day before.

If you are not sure what to do, ask your doctor or pharmacist. If you have trouble remembering to take your medicine, ask your pharmacist for some hints.
PATIENT FACT SHEET - FOR ADULT ASTHMA PATIENTS ONLY

SPIRIVA is delivered using the Respimat Soft Mist™ Inhaler

What is the Respimat Soft Mist Inhaler?

The Respimat Soft Mist Inhaler is a small hand-held device that enables you to inhale your asthma medicine. The Respimat inhaler releases medicine as a slow-moving soft mist when the dose release button is pressed. This makes it easy to inhale the asthma medicine deep into your lungs.

It’s important that you know how to use your Respimat inhaler correctly. If you do not understand the instructions, ask your doctor or pharmacist for help. By learning to use your inhaler properly, you will get the most benefit from your medication.

Three simple steps for daily use – T.O.P.

**TURN**
- Keep cap closed
- Turn base in direction of the arrows on label until you hear a click

**OPEN**
- Open the cap until snaps fully open
- Breathe out slowly and fully

**PRESS**
- Close your lips around the mouthpiece without covering the air vents
- While taking a slow, deep breath through your mouth, press the dose-release button and continue to breathe in
- Hold your breath for 10 seconds or as long as comfortable, then breathe out
- Repeat Turn, Open, Press for a total of 2 puffs

For information and resources visit LungLearning.com.au
Preparing the SPIRIVA Respimat inhaler for first-time use

Before you use your Respimat inhaler for the first time each month, it must be prepared for use. This includes inserting the cartridge with the medication into the inhaler, and then priming the inhaler so it is ready for use. Your pharmacist can prepare your Respimat inhaler for you – ask your pharmacist if they have prepared your Respimat inhaler for first-time use.

If your pharmacist has not prepared your Respimat inhaler, follow the step-by-step guide below to prepare your Respimat inhaler for first-time use. If you need help preparing your Respimat inhaler, talk to your pharmacist or doctor.

For more information on asthma, SPIRIVA and the Respimat inhaler, please visit LungLearning.com.au and login with the last four digits of the barcode on your SPIRIVA Respimat box.

A. INSERTING THE CARTRIDGE

**STEP 1**
With the cap closed, press the safety catch while removing the clear base. Set the base aside.

**STEP 2**
Push the narrow end of the cartridge into the inhaler until it clicks into place. Push the cartridge firmly against a surface (e.g. a table top) to ensure that it is inserted completely. Note, when inserted correctly, the cartridge will not be flush with the inhaler – you will still see the silver ring of the lower end of the cartridge.

**STEP 3**
Put the clear base back on the device. It should click into place. The clear base should not be removed again after this step.

B. PRIMING THE INHALER

**TURN**
With the cap closed, hold the inhaler upright and turn the clear base to the right until it clicks.

**OPEN**
Open the cap until it snaps fully open, and point the inhaler towards the ground.

**PRESS**
Press the dose release button. Repeat this process until a cloud of soft mist is visible. Then repeat these steps 3 more times to make sure the full dose is drawn up. Completing these steps will not affect the number of doses of medication available for use.