

SPIRIVA RESPIMAT

What is Spiriva Respimat?

- Spiriva is a **maintenance inhaler**
- It is used daily to help **prevent** your breathing from worsening

How does it work?

- Opens up the airways of the lungs, allowing you to breathe easier
- It is long-acting and should be used on a daily basis
- It is **NOT** to be used as a rescue inhaler to relieve flare-ups

Storage:

- Spiriva Respimat must be thrown out **3 months** after inserting cartridge into inhaler (**even if some medicine is left**)
- Spiriva Respimat must be thrown out once the dose reader reaches zero (at this point, no medicine is left), or once the inhaler has locked

How to clean your inhaler:

- Wipe mouthpiece with dry cloth once weekly

How to prime your inhaler:

- Priming is a process that ensures your inhaler is working properly prior to administering the first dose.
- Follow the steps below to set up a dose of medication. Instead of inhaling the medicine, point your inhaler towards the ground (away from your face) and press on the dose-release button until you see a spray. Repeat 3 more times for a **total of 4 sprays** towards the ground. Your inhaler is ready to use.
- If you have not used your inhaler for more than 3 days, release one test spray towards the ground before using. If not used within 21 days, release 4 test sprays towards the ground.



How to use your Spiriva Respimat:

3 MAIN STEPS:

- A. Breathe out away from the inhaler
- B. Take a slow deep breath in
- C. Hold your breath for 10 seconds or what is comfortable



STEP 1: press the small, grey safety catch button on the side and remove the clear base.

STEP 2: write the discard date on the cartridge (3 months from 1st date of use).

STEP 3: place the cartridge into the inhaler device and press into place until snug. Part of the cartridge (roughly 1/8 inch) will be visible at the bottom of the inhaler. This is normal.

STEP 4: place the clear base back on the inhaler.

STEP 5: holding the inhaler vertically as shown, twist the clear base in the direction of the white arrows until you hear a click. This will be approximately a half of a turn.

STEP 6: flip the blue cap open and take a deep breath and **exhale fully away from the inhaler.**

STEP 7: Place the inhaler to your mouth and form a seal around the mouthpiece with your lips. Be careful not to cover the air vents on the sides with your mouth. **Take a slow, deep breath in.** Remove the inhaler from your mouth and **hold your breath for 10 seconds** or however long is comfortable. Recap the inhaler once complete and repeat steps 5-7 for the second puff.

NOTE: there is a **dose indicator** that will alarm you when you are running out of medicine (indicator will move into the **red zone**). At this point, call your pharmacy for a refill. You have 7 days left of medicine.



What if I can't afford my Spiriva Respimat?

1. Copay card

- Website: <https://www.spiriva.com/why-spiriva/savings-and-support> (cannot use if Medicare, Medicaid, federal employee)
- Phone number: 1-888-777-1919

2. Medicare extra help:

- Website: <https://www.ssa.gov/medicare/prescriptionhelp/>
- Phone number: 1-800-MEDICARE (1-800-633-4227; TTY 1-877-486-2048)

3. Federal patient assistance via drug company

- Website: https://www.pparx.org/prescription_assistance_programs/boehringer_ingelheim_cares_foundation_patient_assistance_program
- Phone number: 1-800-556-8317
- NOTE: to qualify, will need to meet income requirements, out of pocket expenses, etc.

4. State patient assistance:

- Website: <https://www.medicare.gov/pharmaceutical-assistance-program/state-programs.aspx>
- Phone number: (401) 462-3000 or (401) 462-0740

5. Discount drug programs: GoodRx, LowestMeds, NeedyRx, America's Drug Card, etc.

- Please talk w/ your office pharmacist for more information

When should I call my doctor?

1. I am having difficulty or pain while breathing most days of the week
2. I am having difficulty sleeping through the night due to difficulty breathing
3. My worsening in breathing is making it hard for me to work or maintain my daily activities
4. I am using my rescue inhaler more often OR refilling it more often
5. I've needed to use a greater amount of oxygen than normal
6. I have an increase in sputum production if I have COPD
 - Especially in conjunction with a temperature ≥ 100.3 degrees F