

How to use your Stiolto Respimat

2.5 mcg/2.5 mcg



| What is my prescription? | Special Instructions |
|--------------------------|--|
| | Take every day to control your symptoms. |

What can I expect while I take this medication?

- **Stiolto Respimat** is a long-acting anti-cholinergic plus a long-acting beta-agonist that relaxes and opens your airways.
- **Stiolto Respimat** will not provide relief at once, but you can expect to breathe easier.

Your **Stiolto Respimat** will come packaged as two parts, a cartridge and an inhaler. These pieces will need to be put together before you can use it.

1. Press the gray safety catch, while pulling off the clear base.
2. Take the cartridge out of the box and push the narrow end of the cartridge into the inhaler.
3. The cartridge can be pushed against a hard surface to make sure that it is

inserted all the way.

4. About 1/8 inch of the cartridge will remain visible when the cartridge is inserted correctly.
5. Do not remove the cartridge once it has been inserted into the inhaler.
6. Put the clear base back into place.

How and when to prime your Stiolto Respimat:

Prime inhaler if new or has not been used for more than 3 days.

1. Hold the inhaler upright with the orange cap closed.
2. Turn the clear base in the direction of the white arrows on the label until it clicks.
3. Flip the orange cap until it snaps fully open.
4. Point the inhaler toward the ground.
5. Press the dark gray button.
6. Repeat steps 1 to 5 until a spray is visible.
7. It will look like a vapor cloud.
8. After you see a visible spray; repeat steps 1 to 5 again.

How to use your Stiolto Respimat:

1. Hold the inhaler upright with the orange cap closed.
2. Turn the clear base in the direction of the white arrows on the label until it clicks.
3. Flip the orange cap until it fully snaps open.
4. Breathe out fully (in preparation to breathe in medication).
5. Close your lips around the end of the mouthpiece without covering the holes on the side of the mouthpiece.
6. While taking in a slow, deep breath through your mouth, press the dark gray button and continue to breathe in slowly until your lungs are full.
7. Hold your breath for 5-10 seconds, and then breathe out.
8. If your physician has prescribed more than one dose (puff), wait 30 seconds

and repeat above.

9. Put the cap back on.

How to clean your Stiolto Respimat:

Clean the mouthpiece, including the metal part inside the mouthpiece, with a damp cloth or tissue only, at least once a week. Any minor discoloration in the mouthpiece does not affect your Stiolto Respimat inhaler.

Do not use Stiolto Respimat to treat sudden symptoms of your health condition. Always carry a rescue inhaler with you.

- To learn more about your health condition visit:
<http://www.med.umich.edu/careguides>.
- To learn more about the Stiolto Respimat inhaler visit:
<http://www.stiolto.com>

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