TIOTROPIUM

tee-oh-troe-pee-um

What does it do?

Tiotropium is used to treat symptoms of COPD and asthma. It opens narrowed airways in the lungs making it easier to breathe.

Before you start

- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you use it?

Handihaler®: Inhale the contents of each *tiotropium* capsule regularly using the HandiHaler® device as directed by your healthcare professional. Do not swallow the capsules.
Respimat®: Inhale *tiotropium* regularly using the Respimat® device as directed by your healthcare professional.
Tiotropium works best when you use it every day.

If you need quick relief from breathing problems, use your 'reliever' medicine (e.g. salbutamol or terbutaline).

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and inhale your next dose at the usual time. Otherwise, inhale the missed dose as soon as you remember. Do not inhale two doses at the same time.

Can you take other medicines?

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Dry mouth	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- Take care not to get the powder or spray from your *tiotropium* inhaler into your eyes. If this happens, rinse your eyes thoroughly with water.
- Some people with asthma may get short of breath after taking certain pain-relieving medicines such as aspirin (e.g. Aspec®), diclofenac (e.g. Voltaren®) or ibuprofen (e.g. Nurofen®). Talk to your healthcare professional.
- Using inhalers can very rarely make breathing worse. Discuss this with your healthcare professional.