

TIOTROPIUM

tee-oh-troe-pee-um

What does it do?

Tiotropium opens narrowed airways in the lungs. It helps to prevent breathing problems.

How should you take it?

Inhale the contents of each *tiotropium* capsule using the HandiHaler® device, as directed by your healthcare professional. Do not swallow the capsules.

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

What if you forget a dose?

Inhale the missed dose if you remember on the same day. If not, skip the dose and carry on as normal. 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 |
|--|---------------------------------|
| Eye pain, changes in vision | Tell your doctor immediately |
| Fast or irregular heartbeat | Tell your doctor |
| Headache, blurred vision Trouble peeing Dry mouth, hoarse voice, unpleasant taste, cough | Tell your doctor if troublesome |

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

Other information:

- Tell your doctor if you have heart, bladder, prostate or kidney problems, or glaucoma.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.
- Take care not to get the powder from the *tiotropium* inhaler into your eyes. If this happens, rinse your eyes thoroughly with water.
- The use of inhalers can sometimes make breathing worse. Discuss this with your healthcare professional.