

# Quick Tips for COPD Treatment

Your journey to better breathing has begun. Follow these helpful tips for your STIOLTO RESPIMAT maintenance treatment for COPD (chronic obstructive pulmonary disease).

## 1. MAKE DAILY TREATMENT A HABIT



- Make STIOLTO RESPIMAT a priority—set an alarm to make sure you remember to take your treatment daily
- Make it convenient—pick the time and place that work best for you:

Time \_\_\_\_\_ AM/PM Place \_\_\_\_\_

- Motivate yourself—know that keeping up with your treatment will help control your COPD symptoms

The medicine starts to work in just 5 minutes\* and lasts for a full 24 hours.

\*STIOLTO RESPIMAT is not for sudden COPD symptoms. Always carry a rescue inhaler.

## 2. KNOW WHEN TO REFILL YOUR PRESCRIPTION

The dose indicator at the base of the inhaler shows approximately how much medicine is left. Once the dose indicator enters the **red area**, there is approximately 7 days of medicine left. Don't wait, contact your pharmacy and order your refill immediately, so you can continue to breathe better.



## 3. FIND SUPPORT YOU CAN COUNT ON

At [Stiolto.com](http://Stiolto.com), you can sign up for free email support to help you manage your COPD. You can also take advantage of the Savings Card program to save on STIOLTO RESPIMAT.

Joining a free support program like RespiPoints™ can even help you earn points for taking your treatment every day.

- Points can be redeemed for e-gift cards from top retailers—just for sticking to your treatment
- Visit [MyRespiPoints.com](http://MyRespiPoints.com) to join

You can also connect with online communities at the [COPD Foundation](http://COPD Foundation), the [CHEST Foundation](http://CHEST Foundation), and the [Caregiver Action Network](http://Caregiver Action Network).

Get the most out of your treatment with STIOLTO RESPIMAT

### APPROVED USE for STIOLTO RESPIMAT

STIOLTO® RESPIMAT® (tiotropium bromide and olodaterol) Inhalation Spray is a prescription medicine used long term, 2 puffs 1 time each day, in controlling symptoms in adults with chronic obstructive pulmonary disease (COPD). COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both.

STIOLTO is not for treating sudden symptoms of COPD. Always have a rescue medicine with you to treat sudden symptoms. STIOLTO is not for asthma.

### IMPORTANT SAFETY INFORMATION for STIOLTO RESPIMAT

**Do not use STIOLTO if you have asthma.** People with asthma who take long-acting beta<sub>2</sub>-agonist (LABA) medicines, such as olodaterol, (one of the medicines in STIOLTO), without also using a medicine called an inhaled corticosteroid, have an increased risk of serious problems from asthma, including being hospitalized, needing a tube placed in their airway to help them breathe, or death.

**Do not use STIOLTO if you are allergic to** tiotropium, ipratropium, atropine or similar drugs, olodaterol, or any ingredient in STIOLTO.

Please see additional Important Safety Information on page 2.

Please see accompanying full [Prescribing Information](#), [Patient Information](#), and [Instructions for Use](#) for STIOLTO RESPIMAT.



### IMPORTANT SAFETY INFORMATION (cont'd)

**Call your healthcare provider or get emergency medical care** if you experience symptoms of a serious allergic reaction including: rash, hives, itching, swelling of the face, lips, tongue, throat, and difficulties in breathing or swallowing.

**Get emergency medical care** if your breathing problems worsen quickly or if you use your rescue inhaler but it does not relieve your breathing problems. Call your healthcare provider if breathing problems worsen over time while using STIOLTO.

**Do not use STIOLTO more often than prescribed by your doctor.** Do not use STIOLTO with other LABAs or anticholinergics.

**Do not use STIOLTO for treating sudden breathing problems.** Always have a rescue inhaler with you to treat sudden symptoms.

**Tell your doctor about all your medical conditions** including heart problems, high blood pressure, seizures, thyroid problems, diabetes, kidney problems, glaucoma, enlarged prostate, and problems passing urine.

**STIOLTO can cause serious side effects**, including sudden shortness of breath that may be life threatening, fast or irregular heartbeat, increased blood pressure, chest pain, tremor, headache, nervousness, high blood sugar, or low blood potassium that may cause muscle weakness or abnormal heart rhythm. If any of these happens, stop taking STIOLTO and seek immediate medical help.

**STIOLTO can cause new or worsening eye problems** including narrow-angle glaucoma, and can increase the pressure in your eyes, which can cause the following symptoms: eye pain, blurred vision, seeing halos or colored images along with red eyes. If you have any of these symptoms, stop taking STIOLTO and call your doctor right away.

**STIOLTO can cause new or worsened urinary retention.** Symptoms of urinary retention may include difficulty passing urine, painful urination, urinating frequently, or urinating in a weak stream or drips. If you have any of these symptoms, stop taking STIOLTO and call your doctor right away.

**The most common side effects** of STIOLTO are runny nose, cough, and back pain.

**Tell your doctor about all the medicines you take**, including prescription and over-the-counter medicines, eye drops, vitamins, and herbal supplements. STIOLTO and certain other medicines may affect each other.

STIOLTO is for oral inhalation only.

The STIOLTO cartridge is only intended for use with the STIOLTO RESPIMAT inhaler.

**Do not spray STIOLTO into your eyes.** Your vision may become blurred and your pupils may become larger (dilated).

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.FDA.gov/medwatch](http://www.FDA.gov/medwatch) or call 1-800-FDA-1088.**

Read the step-by-step patient Instructions for Use for STIOLTO RESPIMAT before you use your inhaler.

Please see accompanying full [Prescribing Information](#), [Patient Information](#), and [Instructions for Use](#) for STIOLTO RESPIMAT.

CL-STO-100022 6.5.2019