

# How to Use Your Arcapta Neohaler (indacaterol)



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

## What can I expect while I take this medication?

**Arcapta** will not provide relief at once, but you can expect to breathe easier and have fewer symptoms such as wheezing, coughing, chest tightness and shortness of breath.

## How do I use my Arcapta Neohaler?

1. Remove cap.
2. Hold the base of the inhaler and tilt the mouthpiece to open the inhaler. You will see a chamber.
3. Remove a capsule from the packaging and put the capsule in the chamber.  
**Do not swallow the capsule.**
4. After the capsule is in place, click the mouthpiece shut.

5. Before using the inhaler, you will need to press the buttons firmly on both sides of the inhaler. This releases the medication from the capsule.
6. You will hear a click if you have pressed firmly. You can now take your fingers off of the buttons.
7. Turn your head away from the inhaler and breathe out fully.
8. Put the Arcapta Neohaler in your mouth and close your lips around your mouthpiece. Do not block the mouthpiece with your teeth or tongue. Make sure that the buttons are to the left and right, not up and down.
9. Breathe in as steadily and deeply as you can.
10. As you breathe in through the inhaler, the capsule spins around and you will hear a whirring noise. If you do not hear a whirring noise, carefully tap the base of the inhaler to loosen the capsule.
11. Remove the inhaler from your mouth while holding your breath for 5-10 seconds. Breathe out away from the inhaler.
12. To make sure that you have taken your full dose, check to see if there is any powder left in the capsule.
13. If there is any powder left in the capsule, repeat steps 7-9.
14. Dispose of the capsule and put the cap back on the inhaler.

**Do not use Arcapta to treat sudden symptoms. Always  
carry a rescue inhaler with you.**

- **To view a video demonstration of your inhaler visit:**  
<http://www.arcapta.com/index.jsp>
- **Where can I learn more about my health condition?**  
To view more information visit: <http://www.med.umich.edu/careguides>

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