

RESPIRATORY SYMPTOM CHECK

Do you have control of your chronic obstructive pulmonary disease (COPD) symptoms? Complete the Symptom Check below if you haven't already been prescribed STIOLTO RESPIMAT to see if it could be right for you.



INSTRUCTIONS

Circle a "0" if the statement on the left best describes you, and a "4" if the statement on the right best describes you. If you can relate to both, it's okay to circle a number ("1," "2," or "3") in between.

Let's get started. Think about your life during the past month:

I haven't had any shortness of breath.	0	1	2	3	4	I have been short of breath more than once a day.
I haven't coughed at all.	0	1	2	3	4	I have coughed a lot throughout the day.
I haven't had any tightening in my chest.	0	1	2	3	4	My chest has felt very tight.
I haven't had any wheezing.	0	1	2	3	4	I have noticed I wheeze a lot.
I have felt that my breathing is completely controlled.	0	1	2	3	4	I feel that my breathing is not controlled at all.
I've hardly needed my rescue inhaler at all, or I don't have one.	0	1	2	3	4	I use my rescue inhaler multiple times every day.

INDICATION for STIOLTO RESPIMAT

STIOLTO[®] RESPIMAT[®] (tiotropium bromide and olodaterol) Inhalation Spray is a prescription medicine used long term, two puffs once 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 contains the anticholinergic, tiotropium, and the long-acting beta₂-adrenergic agonist (LABA), olodaterol. STIOLTO works by helping the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing, cough, chest tightness, and shortness of breath.

STIOLTO is not for treating sudden symptoms of COPD. Always have a rescue medicine with you to treat sudden symptoms. If you do not have a rescue inhaler, contact your healthcare provider to have one prescribed for you.

Do not use STIOLTO if you have asthma. STIOLTO is approved to treat COPD only.

IMPORTANT SAFETY INFORMATION

People with asthma who take long-acting beta₂-agonist (LABA) medicines, such as olodaterol, (one of the medicines in STIOLTO), have an increased risk of death from asthma problems. It is not known if LABA medicines, such as olodaterol (one of the medicines in STIOLTO), increase the risk of death in people with COPD. STIOLTO has been approved for chronic obstructive pulmonary disease (COPD) only. STIOLTO is NOT to be used in asthma.

Please see page 3 for complete Important Safety Information. Please see [Medication Guide](#), [Instructions for Use](#), and [Full Prescribing Information](#), including boxed WARNING.

UNDERSTANDING YOUR ANSWERS

The best way to understand your answers is to talk to your doctor about breathing problems. If you've already been diagnosed with COPD, discuss these results with your doctor and see if adding a maintenance treatment, like STIOLTO RESPIMAT, may help.



GET THE CONVERSATION STARTED

Here are some tips that will help make your next appointment more productive:

- Be open and honest. Ask about anything you don't understand, share any concerns you have, and be sincere about your health habits
- Be clear and specific. For example, *"I've noticed I'm more short of breath this week"* gives your doctor more information than simply saying *"I don't feel well"*

NOTES FROM YOUR DOCTOR'S APPOINTMENT

Use this space to write down answers to your questions from your next doctor's visit.

IMPORTANT SAFETY INFORMATION (continued)

Do not use STIOLTO if you are allergic to tiotropium, ipratropium, atropine or similar drugs, olodaterol, or any ingredient in STIOLTO. Symptoms of a serious allergic reaction may include rash, hives, swelling of the face, mouth, and tongue, and breathing problems. Call your healthcare provider or get emergency medical care if you get any symptoms of a serious allergic reaction. Do not use STIOLTO for treating sudden breathing problems. Always have a rescue inhaler with you to treat sudden symptoms.

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

Please see page 3 for complete Important Safety Information. Please see [Medication Guide](#), [Instructions for Use](#), and [Full Prescribing Information](#), including boxed WARNING.

INDICATION for STIOLTO RESPIMAT

STIOLTO® RESPIMAT® (tiotropium bromide and olodaterol) Inhalation Spray is a prescription medicine used long term, two puffs once 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 contains the anticholinergic, tiotropium, and the long-acting beta₂-adrenergic agonist (LABA), olodaterol. STIOLTO works by helping the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing, cough, chest tightness, and shortness of breath.

STIOLTO is not for treating sudden symptoms of COPD. Always have a rescue medicine with you to treat sudden symptoms. If you do not have a rescue inhaler, contact your healthcare provider to have one prescribed for you.

Do not use STIOLTO if you have asthma. STIOLTO is approved to treat COPD only.

IMPORTANT SAFETY INFORMATION

People with asthma who take long-acting beta₂-agonist (LABA) medicines, such as olodaterol, (one of the medicines in STIOLTO), have an increased risk of death from asthma problems. It is not known if LABA medicines, such as olodaterol (one of the medicines in STIOLTO), increase the risk of death in people with COPD. STIOLTO has been approved for chronic obstructive pulmonary disease (COPD) only. STIOLTO is NOT to be used in asthma.

Do not use STIOLTO if you are allergic to tiotropium, ipratropium, atropine or similar drugs, olodaterol, or any ingredient in STIOLTO. Symptoms of a serious allergic reaction may include rash, hives, swelling of the face, mouth, and tongue, and breathing problems. Call your healthcare provider or get emergency medical care if you get any symptoms of a serious allergic reaction. Do not use STIOLTO for treating sudden breathing problems. Always have a rescue inhaler with you to treat sudden symptoms.

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

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.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines (including eye drops), vitamins, and herbal supplements. STIOLTO may interact with other medicines which may cause serious side effects.

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, high blood sugar, or low blood potassium that may cause muscle spasms or 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 your medicine 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 your medicine and call your doctor right away.

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.

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

Tell your healthcare provider about any side effect that bothers you or that does not go away.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit 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.



Copyright ©2016, Boehringer Ingelheim Pharmaceuticals, Inc.
All rights reserved. (2/16) PC-STO-0190-CONS

Please see [Medication Guide](#), [Instructions for Use](#), and [Full Prescribing Information](#), including boxed WARNING.