

Salbutamol inhalers contain the active ingredient Salbutamol which works by stimulating receptors in the lungs called beta 2 receptors. When salbutamol stimulates these receptors it causes the muscles in the airways to relax. This allows the airways to open and ease breathing. Salbutamol inhalers work very quickly and help to relieve wheezing, chest tightness and shortness of breath.



This leaflet gives only basic information. All inhalers come with a more detailed leaflet including information on how many doses your inhaler contains which you should also read. Replacements should be obtained through your GP



When to take your medication

Dose	Breakfast	Lunchtime	Teatime	Bedtime

The maximum dose is eight puffs in a 24 hour period.

How to take your medication

1. Remove the cap from the inhaler device.
2. Shake the inhaler device
3. Hold the device upright between index finger and thumb
4. Exhale comfortably to release air from your lungs
5. Form a tight seal around the mouthpiece with your teeth and lips
6. Press down on the canister to release one dose and at the same time Inhale slowly and deeply to allow the medication to deposit into your lungs
7. Hold your breath for 10 seconds (If you use a spacer, breathe in and out slowly for around three breaths)
8. If you have been told to take two doses (puffs), wait about 30 seconds before you take another puff by repeating steps two to seven.

9. Wipe the mouthpiece and replace the cap to keep the inhaler clean and free from infection

If you are having any problems with using your inhaler you can discuss this with your local pharmacist/chemist or make an appointment with your practice nurse/GP at the surgery.

Name of patient	
Signature of health care professional assessing patient as competent in using inhaler	
Any comments or suggestions to improve technique	
Date	