VENTOLIN® CFC-FREE INHALER

About your Ventolin Inhaler ('puffer')

Read all of this leaflet carefully before you use your medicine

This leaflet does not have the complete information about your medicine. If you have any questions about your medicine, you should ask your doctor or pharmacist (also known as a chemist).

All medicines have some risks. Sometimes new risks are found even when a medicine has been used for many years.

If there is anything you do not understand, ask your doctor or pharmacist. If you want more information, ask your doctor or pharmacist.

This medicine is only one part of a general plan to help you manage your asthma or other chest condition. You should discuss this plan with your doctor. Ask your doctor to check your treatment regularly.

1. What is the name of my medicine?

The name of your medicine is Ventolin Inhaler. You may know it better as a 'puffer'.

2. What is in my Ventolin puffer?

The medicine in your Ventolin puffer is called salbutamol. Each puff contains 100 micrograms of salbutamol. There are 200 puffs in each Ventolin puffer.

Your Ventolin puffer also contains HFA-134a, a propellant. It has no other additives.

3. What does my Ventolin puffer do?

Your Ventolin puffer helps you to breathe more easily. When your chest is tight or when you are wheezing, the Ventolin opens up the breathing tubes in your lungs. Your medicine is known as a bronchodilator. Because your Ventolin puffer gives fast relief from your chest symptoms, it is often called a 'reliever puffer'.

Some people start wheezing or their chest starts to feel tight when they exercise. This is called exercise-induced asthma. If you have exercise-induced asthma, your doctor may tell you to take one or two puffs of your Ventolin puffer before you exercise. This can help to prevent the symptoms of exercise-induced asthma.

4. Is there anything I should tell my doctor before starting my Ventolin puffer?

Tell your doctor:
- the names of any other medicines you are already taking, including those from the pharmacy and supermarket.
- If you have had to stop taking this or any other asthma medicine
- If you are allergic to any medicine
- If you are having treatment for a thyroid problem
- If you are having treatment for high blood pressure
- If you have, or have had, a heart problem
- If you have, or have had, a liver problem
- If you have, or have had, a kidney problem
- If you have sugar diabetes

5. What if I am pregnant or breast feeding?

Tell your doctor if you are pregnant or breast feeding. Your doctor will tell you if you should take your medicine. It is important that asthma is managed well during pregnancy and you should not stop your medicine without asking your doctor.

6. How do I use my Ventolin puffer?

You will find the instructions on how to use your Ventolin puffers on the back of this leaflet. Follow the instructions carefully.

If your Ventolin Inhaler is new and you have not used it before, or if you have not used it for one
week or more, you should activate one dose into the air before use.

The pharmacist's label will usually tell you how many puffs to take and how often to use your Ventolin puffer. If you are not sure, ask your doctor or pharmacist.

Your doctor may tell you to take extra puffs of your Ventolin puffer if your chest condition suddenly gets worse. If you take extra puffs and do not get relief, tell your doctor immediately.

You should visit your doctor or pharmacist regularly to check that you are using your Ventolin puffer in the right way. If you are not breathing the medicine in correctly, the medicine may not be helping you as much as it could.

If you find it difficult to breathe in and press your Ventolin puffer at the same time, talk to your doctor or pharmacist. It may be better for you to use something called a spacer device with your Ventolin puffer. Your doctor or pharmacist will explain what this is and how to use it.

Your Ventolin Inhaler should be cleaned at least once a week. To do so:

1. Remove the metal canister from the plastic casing of the inhaler and remove the mouth piece cover.
2. Rinse the actuator thoroughly under warm running water.
3. Dry the actuator thoroughly inside and out.
4. Replace the metal canister and the mouth piece cover.

DO NOT put the metal canister in water.

7. What should I do if my Ventolin puffer does not have the usual effect?

**IMPORTANT:** If your breathing suddenly becomes more difficult just after you have used your Ventolin puffer, tell your doctor immediately.

Tell your doctor as soon as possible if:

- your Ventolin puffer does not help your breathing as much as usual
- the effect of your Ventolin puffer does not last as long as usual, or lasts less than 3 hours
- you need more puffs of your Ventolin puffer to get relief.

These may be signs that your chest condition is getting worse.

Your doctor may decide to add another medicine to your treatment if your Ventolin puffer is not having the same effect as before.

8. Are there any side-effects with my Ventolin puffer and what should I do if I have any side-effects after using my Ventolin puffer?

Like all other medicines, your Ventolin puffer may cause some side-effects. Most of the side-effects will be minor and temporary, but some may be serious. Your doctor or pharmacist will be able to answer any questions you may have.

If you have any of the following side-effects, tell your doctor or pharmacist but do not stop using your Ventolin puffer:

- skin rash, angioedema (sudden swelling under the skin), or a faint or dizzy feeling, you should stop using your Ventolin puffer and tell your doctor or pharmacist immediately.

**Common side-effects**

- headache
- nausea
- shaky or tense feeling
- irregular or fast heart beat
- ‘warm’ feeling
- mouth or throat irritation

**Rare side-effects**

- muscle cramps
- restlessness in children

In a few people, the medicine in Ventolin puffer may decrease blood potassium levels. Your doctor may do tests to check this.

If you have any other problems after using your Ventolin puffer, tell your doctor or pharmacist.
9. What if I take too many puffs of my Ventolin puffer?

You should not take more than the number of puffs that you have been told. If you accidentally take more than recommended, you may notice that your heart is beating faster than usual, and that you feel shaky. You may also have a headache. You should contact your nearest hospital or doctor without delay.

10. Where should I keep my Ventolin puffer?

Straight after use, replace the mouthpiece cover firmly and click it into position.

Keep your Ventolin puffer in a place where children cannot reach it.

Keep your Ventolin puffer away from frost. Do not put it in the refrigerator.

Keep your Ventolin puffer away from bright sunlight.

Keep your Ventolin puffer away from heat (store below 30°C). Do not leave it in the car on hot days.

If your Ventolin puffer becomes very cold, it may not work properly. To warm it, pull out the metal can from its plastic holder and warm it in your hand for a few minutes. Do not warm the can in any other way. Push the can firmly back into its holder before using.

WARNING: The metal can is pressurised. Do not burn it or puncture it, even when it is empty.

You will find an expiry (or use by) date on the label of the metal can. Do not use your Ventolin puffer after this date.

11. If I have been told to use my Ventolin puffer regularly, what should I do if I forget a dose?

If you forget to take a dose, do not worry. Just take the next dose at the normal time or earlier if you become wheezy or feel tight in the chest.

12. Can I let someone else use my Ventolin puffer?

Your Ventolin puffer is only for you. You should not give this medicine to someone else.

13. Are there different types of asthma puffers?

Yes. Ventolin Inhaler is called a 'reliever' puffer. There are other types of puffers that prevent wheezing or chest tightness. These puffers are called 'preventer' puffers and must be used every day. Your doctor may tell you to use a 'preventer' puffer in addition to your Ventolin puffer.

14. Is there anything else I should know about my Ventolin puffer?

You can recycle the plastic holder and cap of your Ventolin puffer with other plastic things.

If you have any other questions, ask your doctor or pharmacist.

15. Who makes my Ventolin puffer?

Your Ventolin puffer is made by

Allen & Hanburys
A division of GlaxoSmithKline Australia Pty Ltd
1061 Mountain Highway
Boronia Victoria 3155

Do not throw this leaflet away.
You may need to read it again.

Ventolin® Inhaler Complete (CFC-free) 100 micrograms per metered dose salbutamol, as sulfate (AUST R 62695)
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