# **Albuterol HFA With Spacer**

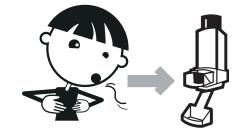
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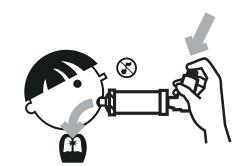
### **Reasons for Taking This Medicine:**

- To give you fast relief from asthma symptoms of coughing, wheezing or shortness of breath.
- This medicine works by **opening the airways**. It usually works within 15 minutes.
- If you are in the **yellow**, **orange**, **or red zone** of your asthma action plan, use this medicine.
- Your doctor may also tell you to use this medicine 15 to 30 minutes before exercising.

# When and How to Use This Medicine:

- Use the prescribed number of puffs for coughing, wheezing, or shortness of breath.
- Use a spacer with this inhaler.







Mediglyphs®, Nationwide Children's Hospital

Use the information on this sheet only after your healthcare provider has talked with you about it and explained how to use this medicine. The information on this sheet does not replace your healthcare provider's instructions or advice. The **first time** you use a **new** albuterol inhaler:

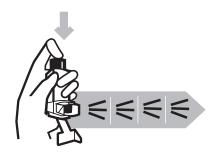
- Shake it and then push down on the top of the inhaler.
- Spray the medicine into the air 4 times.
- After you do this, the dose counter will be at 200.
- Now it is ready to use ("primed").

## Use These Steps to Take the Medicine:

- 1 Place the <u>inhaler</u> in the end of spacer.
- 2 Shake it well for 10 seconds.
- **3** Turn your head to the side and <u>breathe out</u>.

**4** Close your mouth around the mouthpiece of the spacer.

- Push down on the inhaler.
- Take a slow, deep breath.
- If the spacer makes a whistle sound, breathe in slower.
- **5** Hold your breath for 10 seconds.
- 6 Wait 1 minute before taking your next puff.













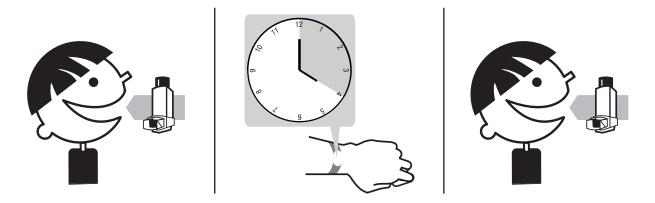


7 Repeat steps 2 to 6 for your next puffs.



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Wait at least 4 hours between doses.

#### **Possible Side Effects:**

- Fast heart beat
- Can make you feel hyper or shaky
- Can make you fussy or irritable
- Sore throat
- Headache

# **Call the Doctor or Clinic If:**

- This medicine doesn't help your coughing, wheezing or shortness of breath.
- You need to use your inhaler again in less than 4 hours.
- You often need to use your inhaler many times a week for relief of symptoms.
- You have questions about your medicine.

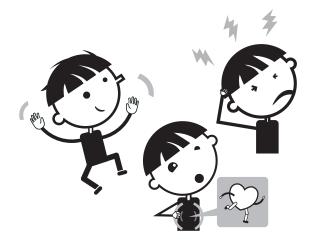
# Go to an Urgent Care, ER or Call 911:

• After using this medicine and it is still hard to breathe or you are wheezing badly.



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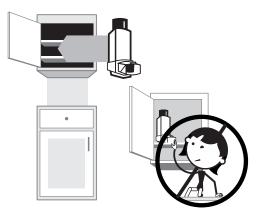


#### **Important Things to Remember:**

- If you haven't used this inhaler in 2 weeks, prime with 1 puff before using.
- Never remove the metal canister from the inhaler or put the inhaler in water.
- One time each week, clean the inhaler by wiping a cotton swab in the opening where the medicine sprays out.
- One time each week, clean the spacer by:
  - Soaking in warm soapy water for 15 minutes.
  - Running warm water through it.
  - Shaking off water and setting it out to air dry.
- This inhaler has a dose counter. Refill your inhaler when the dose counter reads "20." (The inhaler will run out of medicine at "0," even if it still sprays.)

## Where to Store Your Inhaler:

- In a cool, dry cabinet
- Don't store it in the bathroom.
- Keep it out of reach of young children even when the inhaler is for your child.





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