

**A&H logo**

**Package Leaflet: Information for the User**

## **Ventolin™ Evohaler™ 100 micrograms salbutamol sulphate**

**Read all of this leaflet carefully before you start taking this medicine.**

- Keep this leaflet. You may need to read it again.
- If you have any further questions about your illness or your medicine, ask your doctor, nurse or pharmacist.
- This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- If any of the side effects get serious, or if you notice any side effects not listed in this leaflet, please tell your doctor, nurse or pharmacist.

**In this leaflet:**

- 1** What Ventolin Evohaler is and what it is used for
- 2** Before you use Ventolin Evohaler
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- 6** Further information

### **1 What Ventolin Evohaler is and what it is used for**

Ventolin Evohaler contains a medicine called salbutamol. This belongs to a group of medicines called bronchodilators.

- Bronchodilators help the airways in your lungs to stay open. This makes it easier for air to get in and out.
- They help to relieve chest tightness, wheezing and cough.

Ventolin Evohaler is used to treat breathing problems in people with asthma and similar conditions. This includes relieving and preventing asthma brought on by exercise or other “triggers”. These are things, which bring on asthma symptoms in some people. Common triggers include house dust, pollen, cats, dogs and cigarette smoke.

Ventolin Evohaler contains a propellant called HFA 134a. This is less harmful to the environment than older inhalers. Older inhalers may taste differently to Ventolin Evohaler. This will make no difference to how your medicine works.

### **2 Before you use Ventolin Evohaler**

**Do not use Ventolin Evohaler if:**

- you are allergic (hypersensitive) to salbutamol sulphate or the other ingredient HFA 134a.

**Take special care with Ventolin Evohaler**

Check with your doctor, nurse or pharmacist before taking your medicine if:

- you have high blood pressure
- you have an overactive thyroid gland
- you have a history of heart problems such as an irregular or fast heartbeat or angina.

**Taking other medicines**

Please tell your doctor, nurse or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription. This includes herbal medicines. Remember to take this medicine with you if you have to go to hospital. In particular tell your doctor, nurse or pharmacist if you are taking:

- medicines for an irregular or fast heartbeat
- other medicines for your asthma.

#### **Taking Ventolin Evohaler with food and drink**

You can take Ventolin Evohaler at any time of day, with or without food.

#### **Pregnancy and breast-feeding**

Talk to your doctor before taking this medicine if you are pregnant, might become pregnant or are breast-feeding.

#### **Driving and using machines**

Ventolin is not likely to affect you being able to drive or use any tools or machines.

### **3 How to use Ventolin Evohaler**

Always use your Ventolin Evohaler exactly as your doctor has told you. You should check with your doctor, nurse or pharmacist if you are not sure.

#### **Adults and adolescents aged 12 years and over**

- to relieve asthma - One or two puffs.
- to prevent asthma - Two puffs 10-15 minutes before exercise or exposure to a "trigger".
- for regular treatment - Two puffs up to 4 times a day.
- the maximum dose is 8 puffs in a 24 hour period.

#### **Children under 12 years of age**

- to relieve asthma - One puff. Two puffs if required.
- to prevent asthma - One puff 10-15 minutes before exercise or exposure to a "trigger". Two puffs is required.
- for regular treatment - Two puffs up to 4 times a day.
- the maximum dose is 8 puffs in a 24 hour period.

#### **Instructions for use**

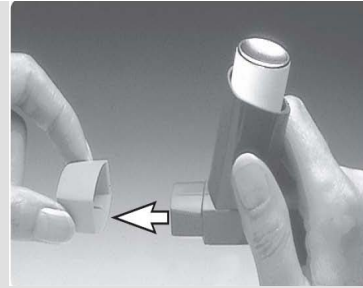
- To help identify that the inhaler is Ventolin, there is an embossed letter V on the plastic case. There is also a special ridged 'touch pad' area to distinguish the 'reliever' inhalers from 'preventer' or 'protector' inhalers which have different touch pads.
- Ventolin Evohaler produces a fine mist which you inhale through your mouth into your lungs. Your doctor, nurse or pharmacist should show you how to use your inhaler. If you are not sure ask your doctor, nurse or pharmacist.
- Each Evohaler canister provides 200 puffs.

Do not use your inhaler more often than the doctor told you to. Tell your doctor if your medicine does not seem to be working as well as usual, as your chest problem may be getting worse and you may need a different medicine.

Your doctor may have told you to take more than this as an emergency treatment if your wheezing or breathing gets very bad. It is very important that you keep to your doctor's instructions as to how many puffs to take and how often to use your inhaler.

### Testing your inhaler

**1** When using the inhaler for the first time, test that it is working. Remove the mouthpiece cover by gently squeezing the sides with your thumb and forefinger and pull apart.



**2** To make sure that it works, shake it well, point the mouthpiece away from you and press the canister to release two puffs into the air. If you have not used the inhaler for 5 days or more, shake it well and release two puffs of medicine into the air.

### Using your inhaler

It is important to start to breathe as slowly as possible just before using your inhaler.

**1** Stand or sit upright when using your inhaler.

**2** Remove the mouthpiece cover (as shown in the first picture). Check inside and outside to make sure that the mouthpiece is clean and free of objects.

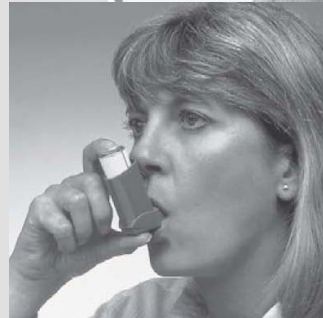
**3** Shake the inhaler 4 or 5 times to ensure that any loose objects are removed and that the contents of the inhaler are evenly mixed.



**4** Hold the inhaler upright with your thumb on the base, below the mouthpiece. Breathe out as far as is comfortable. Do not breathe in again yet.



**5** Place the mouthpiece in your mouth between your teeth. Close your lips around it. Do not bite.



**6** Breathe in through your mouth. Just after starting to breathe in, press down on the top of the canister to release a puff of medicine. Do this while still breathing in steadily and deeply.



**7** Hold your breath, take the inhaler from your mouth and your finger from the top of the inhaler. Continue holding your breath for a few seconds, or as long as is comfortable.



**8** If your doctor has told you to take two puffs, wait about half a minute before you take another puff by repeating steps 3 to 7.

**9** After use always replace the mouthpiece cover straight away to keep out dust. Replace the cover by firmly pushing and clicking into position.

Practise in front of a mirror for the first few times. If you see a 'mist' coming from the top of your inhaler or the sides of your mouth you should start again.

Young children may need help and their parents may need to operate the inhaler for them. Encourage the child to breathe out and operate the inhaler just after the child starts to breathe in. Practise the technique together. You may find the Volumatic™ spacer device, with a face mask, or the Babyhaler™ device useful if you have to give Ventolin Evohaler to a baby or a child under 5 – speak to your doctor if you think you might need one of these.

Older children or people with weak hands may find it easier to hold the inhaler with both hands. Put the two forefingers on top of the inhaler and both thumbs on the bottom below the mouthpiece. If this does not help, a special device called a Haleraid™ may make it easier. Your doctor, nurse or pharmacist will be able to advise you.

### **Cleaning your inhaler**

To stop your inhaler blocking, it is important to clean it at least once a week.

To clean your inhaler:

- Remove the metal canister from the plastic casing of the inhaler and remove the mouthpiece cover.
- Rinse the plastic casing thoroughly under warm running water.
- Dry the plastic casing thoroughly inside and out.
- Replace the metal canister into the plastic casing and put on mouthpiece cover.

Do not put the metal canister in water.

**If you take more Ventolin Evohaler than you should**

If you take more than you should, talk to a doctor as soon as possible.

The following effects may happen:

- your heart beating faster than usual
- you feel shaky.

These effects usually wear off in a few hours.

**If you forget to take Ventolin Evohaler**

- If you forget a dose, take it as soon as you remember it.
- However, if it is time for the next dose, skip the missed dose.
- Do not take a double dose to make up for a forgotten dose.

**If you stop taking Ventolin Evohaler**

Do not stop taking Ventolin Evohaler without talking to your doctor.

If you have any further questions on the use of this product, ask your doctor, nurse or pharmacist.

**4 Possible side effects**

**If your breathing or wheezing gets worse straight after taking this medicine, stop using it immediately, and tell your doctor as soon as possible.**

Like all medicines, Ventolin Evohaler can cause side effects, although not everybody gets them. The following side effects may happen with this medicine:

**Allergic Reactions** (affects less than 1 in 10,000 people)

If you have an allergic reaction, stop taking Ventolin Evohaler and see a doctor straight away. Signs of an allergic reaction include: swelling of the face, lips, mouth, tongue or throat which may cause difficulty in swallowing or breathing, itchy rash, feeling faint and light headed, and collapse.

**Talk to your doctor as soon as possible if:**

- you feel your heart is beating faster or stronger than usual (palpitations). This is usually harmless, and usually stops after you have used the medicine for a while
- you may feel your heartbeat is uneven or it gives an extra beat
- these affect less than 1 in 10 people.

If any of these happen to you, talk to your doctor as soon as possible. **Do not stop using this medicine unless told to do so.**

Tell your doctor if you have any of the following side effects which may also happen with this medicine:

**Common** (affects less than 1 in 10 people)

- feeling shaky
- headache.

**Uncommon** (affects less than 1 in 100 people)

- mouth and throat irritation
- muscle cramps.

**Rare** (affects less than 1 in 1,000 people)

- a low level of potassium in your blood
- increased blood flow to your extremities (peripheral dilatation).

**Very rare** (affects less than 1 in 10,000 people)

- changes in sleep patterns and changes in behaviour, such as restlessness and excitability.

**The following side effects can also happen but the frequency of these are not known:**

- chest pain, due to heart problems such as angina. Tell your doctor, nurse or pharmacist if this occurs. Do not stop using this medicine unless told to do so.

If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor, nurse or pharmacist.

**If you think this medicine is not working well enough for you**

If your medicine does not seem to be working as well as usual, talk to your doctor as soon as possible. Your chest problem may be getting worse and you may need a different medicine. Do not take extra doses of Ventolin Evohaler unless your doctor tells you to.

## **5 How to store Ventolin Evohaler**

- Keep out of the reach and sight of children.
- Store below 30°C. Protect from frost and direct sunlight.
- If the inhaler gets very cold, take the metal canister out of the plastic case and warm it in your hands for a few minutes before use. Never use anything else to warm it up.
- The metal canister is pressurised. Do not puncture, break or burn it even when apparently empty.
- Do not use Ventolin Evohaler after the expiry date, which is stated on the label and carton after 'EXP'. The expiry date refers to the last day of that month.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

## **6 Further information**

**What Ventolin Evohaler contains**

- The active substance is salbutamol sulphate.
- The other ingredient is HFA 134a.

**What Ventolin Evohaler looks like and contents of the pack**

Ventolin Evohaler comprises an aluminium alloy can sealed with a metering valve, actuator and dust cap.

Each canister contains 200 doses of 100 micrograms of salbutamol (as salbutamol sulphate).

**Marketing Authorisation holder**

Glaxo Wellcome UK Limited trading as:

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Stockley Park West  
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**Manufacturer**

Glaxo Wellcome, S.A.  
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Spain

**Other formats:**

To listen to or request a copy of this leaflet in Braille, large print or audio please call, free of charge:

0800 198 5000 (UK only)

Please be ready to give the following information:

**Product name**        **Ventolin Evohaler**

Reference number    10949/0274

This is a service provided by the Royal National Institute of Blind People.

Leaflet date: June 2012

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## Asthma Control Test™

The Asthma Control Test is one way to quickly assess your asthma control, giving you a simple score out of 25. Your healthcare professional may ask you additional questions during a consultation.

**Are you in control of your asthma? Or is your asthma in control of you? Here's how to find out**

**Step 1:** Read each question below carefully, circle your score and write it in the box.

**Step 2:** Add up each of your five scores to get your total Asthma Control Test™ score.

**Step 3:** Use the score guide to learn how well you are controlling your asthma.

<b>Q1</b>	During the <b>past 4 weeks</b> , how often did your asthma prevent you from getting as much done at work, school or home?	Score:
	All of the time <b>1</b> Most of the time <b>2</b> Some of the time <b>3</b> A little of the time <b>4</b> None of the time <b>5</b>	
<b>Q2</b>	During the <b>past 4 weeks</b> , how often have you had shortness of breath?	Score:
	More than once a day <b>1</b> Once a day <b>2</b> 3-6 times a week <b>3</b> 1-2 times a week <b>4</b> Not at all <b>5</b>	
<b>Q3</b>	During the <b>past 4 weeks</b> , how often did your asthma symptoms (wheezing, coughing, chest tightness, shortness of breath) wake you up at night or earlier than usual in the morning?	Score:
	4 or more times a week <b>1</b> 2-3 nights a week <b>2</b> Once a week <b>3</b> Once or twice <b>4</b> Not at all <b>5</b>	
<b>Q4</b>	During the <b>past 4 weeks</b> , how often have you used your reliever inhaler (usually blue)?	Score:
	3 or more times a day <b>1</b> 1-2 times a day <b>2</b> 2-3 times a week <b>3</b> Once a week or less <b>4</b> Not at all <b>5</b>	
<b>Q5</b>	How would you rate your <b>asthma control</b> during the <b>past 4 weeks</b> ?	Score:
	Not controlled <b>1</b> Poorly controlled <b>2</b> Somewhat controlled <b>3</b> Well controlled <b>4</b> Completely controlled <b>5</b>	
Total Score		

**What does your score mean?**

**Score: 25 - WELL DONE**

- Your asthma appears to have been **UNDER CONTROL** over the last 4 weeks.
- However, if you are experiencing any problems with your asthma, you should see your doctor, nurse or pharmacist.

**Score: 20 to 24 - ON TARGET**

- Your asthma appears to have been **REASONABLY WELL CONTROLLED** during the past 4 weeks.
- However, if you are experiencing symptoms your doctor, nurse or pharmacist may be able to help you.

**Score: less than 20 - OFF TARGET**



- **Your asthma may NOT HAVE BEEN CONTROLLED during the past 4 weeks.**
- **Your doctor, nurse or pharmacist can recommend an asthma action plan to help improve your asthma control.**

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