

# Salair Inhaler

## Consumer Medicine Information

### Salbutamol (as sulphate)

100 mcg suspension for inhalation

200 ACTUATIONS

#### What is in this leaflet

The information enclosed answers several general questions about your Salair Inhaler. This leaflet does not include all the accessible information on Salair Inhaler. All medication has benefits and risks. Your doctor will have considered the risks of you using Salair Inhaler against the benefits expected. Discuss with your doctor or pharmacist any concerns you may have.

This leaflet was last updated on the date at the end of this leaflet.

Keep this information with the medicine and refer to this leaflet if you have any queries.

Salair Inhaler is one component of your asthma plan to help control and manage your condition. Your asthma plan should be checked by your doctor on a regular basis. Discuss any concerns about your plan with your doctor.

#### What your Salair Inhaler is and what it is used for

Salair Inhaler contains salbutamol, an asthma medication that opens up the airways in your lungs.

Each Salair Inhaler delivers 100 mcg of salbutamol per actuation (or dose). Your Salair Inhaler contains 200 actuations.

This inhaler may have a body or cap colour that is different to your previous inhaler. This does not affect the way it works.

Each Salair Inhaler also contains the propellant HFA-134a, less than 0.002g ethanol, and less than 0.00003mg oleic acid per actuation.

Salair Inhaler does not contain any chlorofluorocarbon (CFC) propellants. It does contain a non-CFC propellant, known as HFA-134a. If you have previously used another inhaler, you might notice that the spray from Salair Inhaler tastes or feels different in your mouth, or that the inhaler sounds different when sprayed. This does not affect the way your inhaler works.

Salair Inhaler is a “reliever” inhaler that is used to relieve symptoms of asthma and other asthma-like conditions such as coughing, chest tightness and wheezing.

Salair Inhaler is also used for prevention of asthma symptoms brought on by exercise or exposure to allergens, such as animal fur, pollen or household dust.

## **Before you use your Salair Inhaler**

If you have any concerns about using your Salair Inhaler, ask your doctor or pharmacist.

This medicine has been prescribed for you personally. Do not give it to anyone else even if their symptoms are the same as yours, as it may harm them.

Tell your doctor before using Salair Inhaler if you:

- Are allergic to salbutamol or any of the other ingredients in this inhaler;
- Have had to discontinue using Salair Inhaler in the past or other medication for asthma;
- Have an allergy to any dyes, preservatives, foods or other medication;
- Have had difficulty with your liver in the past;
- Have had difficulty with your kidneys in the past;
- Are pregnant or intending to become pregnant;
- Are breastfeeding;
- Have any diseases affecting your heart or blood vessels;
- Have a thyroid condition;
- Have low potassium levels in your blood;
- Have diabetes;
- Are taking ANY other medicines.

Salair Inhaler should not be used to manage premature labor or miscarriage.

## **Using other medicines**

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

### **The following medicines can influence or be influenced by Salair Inhaler:**

- **heart and vascular medicines** which can narrow the airways and contain active substances ending in “-ol” such as propranolol (betablockers). This may cause spasms in the lung airways.
- **certain medicines to treat depression** such as monoamine oxidase inhibitors (e.g. moclobemide)
- **medicines against irregular heartbeat**, such as digoxin
- **xanthine derivatives** (used to help breathing), such as theophylline
- **steroids** (group of hormones), such as cortisone
- **diuretics** (water tablets), such as furosemide

## **Pregnancy and breast-feeding**

Limited knowledge exists regarding use during pregnancy but there also is a risk for the unborn child, if your asthma is untreated during pregnancy. Therefore, you should use Salair Inhaler only if your doctor indicates it is clearly necessary. Do not change the dosage by yourself, but always use it according to your doctor's recommendation.

It is unknown whether Salair passes into the mother's milk. Therefore, only use Salair Inhaler if your doctor indicates it is clearly necessary.

Ask your doctor or pharmacist for advice before taking any medicine.

### **Driving and using machines**

No studies on the effects on the ability to drive and use machines have been performed. Therefore, do not drive or operate machines until you know how your Salair Inhaler affects you.

### **Using your Salair Inhaler**

Salair Inhaler is for oral inhalation only.

Always use Salair Inhaler exactly as your doctor or asthma nurse has told you. The dispensing label should tell you how often and how much to take.

If you find it difficult to use your inhaler and breathe in at the same time, you may find a spacer device helpful. Ask your doctor or pharmacist about this.

The usual doses of Salair Inhaler are:

#### **Adults:**

- To relieve an asthma attack, take one dose (100mcg), increased to two doses (2 x 100mcg) if required.
- To prevent the symptoms of asthma brought on by exercise or allergen exposure, take two doses (2 x 100mcg) before exercise or allergen exposure.

#### **Children:**

- To relieve an asthma attack, take one dose (100mcg), increased to two doses (2 x 100mcg) if required.
- To prevent the symptoms of asthma brought on by exercise or allergen exposure, take one dose (100mcg) before exercise or allergen exposure. If one dose does not provide symptom relief, this may be increased to two doses (2 x 100mcg).

**You should not usually take more than two doses (2 x 100mcg) every four hours, with a maximum of eight doses (8 x 100mcg) within 24 hours, unless your doctor has specifically advised you to. Always follow the instructions given by your doctor.**

### **While you are using your Salair Inhaler**

**Contact your doctor immediately if any of the following occur:**

- Your breathing becomes difficult especially immediately after the use of your Salair Inhaler;
- You need to use your Salair Inhaler more often than usual;
- The effects of your Salair Inhaler lasts less than three hours;
- Your chest tightness is worse than usual or if you experience shortness of breath.

Your doctor might advise you to take more doses of your Salair Inhaler if your condition rapidly deteriorates. If additional doses are required and you do not feel that they are working as they should please let your doctor know without delay.

If you start taking any other medicine while you are using Salair Inhaler, tell your doctor or pharmacist.

**If you forget to use your Salair Inhaler**

If you have forgotten to take your normal dose at the correct time, take your next dose as soon as you remember. However, if you forget to take your Salair Inhaler close to the time of the next dose then simply miss out the dose you have forgotten.

**Do not take a double dose of Salair Inhaler at any given time if you have missed a dose.**

If you have difficulty remembering when the next dose of your inhaler is due, talk to your pharmacist for advice.

If you experience tightness in your chest or you become wheezy before you are due for the next dose, use your inhaler as normal.

**If you use too much of your Salair Inhaler (overdose)**

If you or someone else takes too much of your Salair Inhaler, immediately phone the Poisons Information Centre (telephone 0800 POISON or 0800 764 766) or your doctor, even if you do not feel unwell or there are no signs of overdose symptoms.

**Side effects**

If you experience any of the following side effects, stop taking Salair Inhaler and seek immediate medical attention as you may be allergic to the medicine:

- Itching, rash or reddened skin;
- Swelling of the eye lids, lips, face or throat;
- Low blood pressure causing you to feel weak or dizzy;
- Collapse;
- Increase in wheezing and shortness of breath immediately after using your inhaler.

If you experience any of the below side effects advise your nurse, pharmacist or doctor but do not discontinue using your Salair Inhaler.

Other side effects can occur such as:

- trembling;
- increased heart rate;
- headache;
- muscle cramps;
- irritation in mouth and throat;
- flushing;
- increase activity;
- hyperactivity in adolescents.

Salair Inhaler may influence the levels of your blood potassium in rare cases. Your doctor might check this by arranging some tests.

If you experience other unexpected side effects or symptoms, advise your nurse, pharmacist, or doctor.

### **After using your Salair Inhaler**

#### **Storage and disposal**

Keep out of reach of children by storing your Salair Inhaler in a locked cabinet at a height that is hard to reach for children.

Store Salair Inhaler below 25°C.

The shelf life of Salair Inhaler is 24 months.

Do not use after the expiry date. The expiry date can be found on the label on the canister and on the bottom of the carton.

When the Salair Inhaler is not in use, the plastic dust cap should be securely placed back on the mouthpiece of the actuator.

Avoid direct sunlight or heat. Do not store your Salair Inhaler in your car on a hot day or on a window sill. Protect your Salair Inhaler from frost.

As with other medication inhaled from aerosol canisters, the effect of the medication may be reduced if the canister is very cold. If this is the case, warm the inhaler in your hands for a few minutes before use. Do not use anything else to assist with warming up the inhaler.

## ***Disposal***

If your doctor advises you to stop taking your Salair Inhaler, or it has exceeded its expiry date, request information from your pharmacist on what to do with any product that is left over.

As the canister is pressurised, no attempt should be made to puncture, or dispose of it by burning.

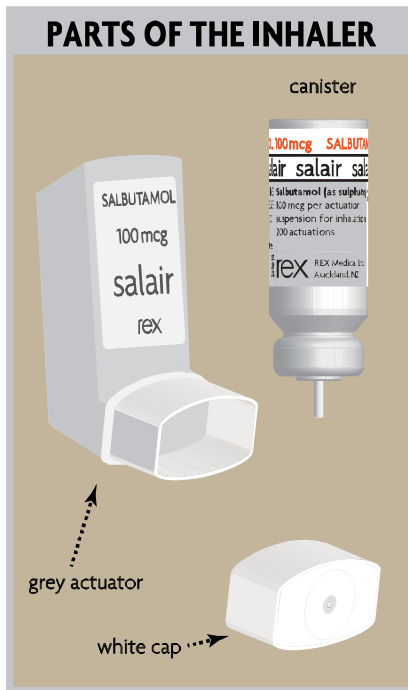
## **Product Description**

### ***What it looks like***

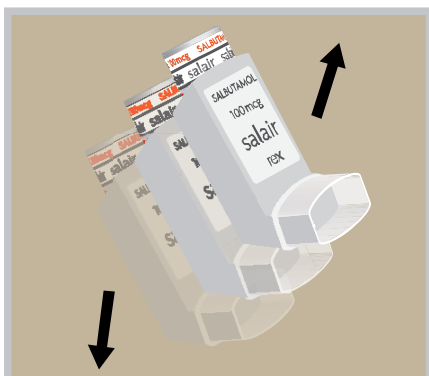
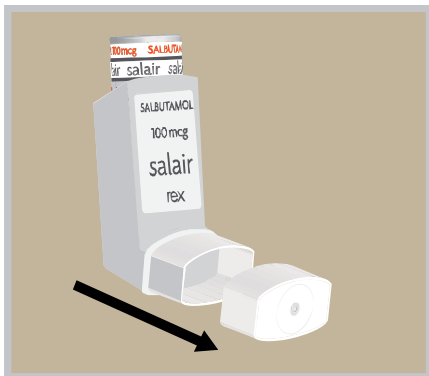
Your Salair Inhaler contains a light grey plastic actuator that holds a metal canister with a white and grey label. The canister is filled with your medication. The light grey plastic actuator has the name of your medication embossed on the front along with the name of the molecule of your medication and the strength you have been prescribed. The plastic dust cap is white.

## Instructions for Use

Correct operation of the Salair Inhaler is essential for successful therapy.



Prior to using the Salair Inhaler for the first time, remove the plastic dust cap from the mouthpiece of the inhaler, shake the inhaler and depress the canister twice into the air to prime the inhaler.



If the inhaler has not been used for more than one week, remove the plastic dust cap from the mouthpiece of the inhaler, shake the inhaler well and depress the canister once into the air to prime the inhaler.



Technique for proper administration of Salair Inhaler is described in the following steps:

1. **Remove the plastic dust cap from the mouthpiece of the inhaler and check the mouthpiece is clean.** Shake the inhaler well and prime if necessary.
2. **Hold the inhaler, with the inhaler upright using either one or two fingers on top of the canister and your thumb on the base.** Breathe out deeply through your mouth. Place the mouthpiece of the actuator in your mouth taking care to not bite it and close your lips over the mouthpiece.
3. **Start breathing in through your mouth.** Then depress the canister to release one dose while continuing to breathe in deeply and steadily.



4. **Remove the inhaler from your mouth and hold your breath for 10 seconds, or as long as comfortable. Breathe out slowly.**
5. **If another dose is required, wait for at least one minute with the inhaler in an upright position, and then repeat steps 2 to 4.**
6. **After use, replace the mouthpiece cover making sure the dust cap is secure.**

#### **IMPORTANT:**

Do not rush steps 2, 3 and 4. It is essential that just before depressing the canister that you begin breathing in as slow as possible.



It is useful to complete this exercise using a mirror for the initial few doses. If you see “mist or vapour” coming from the sides of your mouth or top of the inhaler, start again from step 2.

Make sure that you are operating your Salair Inhaler correctly with your pharmacist or doctor on a regular basis. Salair Inhaler may not work as well as it should if the technique you are using is not correct.

Provide feedback to your doctor if you experience any issues or concerns when using your Salair Inhaler. If different directions have been provided by your doctor, please follow these instructions with care.

## Cleaning

The Salair Inhaler plastic actuator must be cleaned at least once a week to ensure that it functions correctly.

Use the following technique to clean your inhaler:

1. Gently pull the metal canister out of the plastic actuator of the inhaler and take off the mouthpiece dust cap.



Do NOT put the aluminium canister into water.

2. Immerse the plastic actuator and the mouthpiece dust cap in warm water.



3. Rinse the plastic actuator and mouthpiece dust cap under running tap water.



4. Shake well to remove excess water. Leave to dry in a warm place. Avoid excessive heat.
5. Replace the aluminium canister and the plastic mouthpiece dust cap.

If soap or detergent is used, the mouthpiece should be thoroughly rinsed in clean water.

It is suggested that the patient has a spare Salair Inhaler so that it can be used if required while the other inhaler is drying.

Distributed by:  
REX Medical Ltd  
PO Box 18-119  
Auckland 1743  
Ph (09) 574 6060  
Fax (09) 574 6070

Date of Preparation  
23 September 2015

Version #: 01