

# NEW ZEALAND CONSUMER MEDICINE INFORMATION

## Salamol® CFC-Free Inhaler

### Salbutamol (as sulphate) 100 micrograms per metered dose (“puff”)

Please read this leaflet carefully before you start using Salamol.

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## What is in this leaflet

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This leaflet answers some common questions about Salamol CFC-Free Inhaler. It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the risks of you using Salamol, against the benefits they expect it will have for you.

**If you have any concerns about taking this medicine, ask your doctor or pharmacist.**

**Keep this leaflet. You may need to read it again.**

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## What Salamol CFC-Free Inhaler is used for

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Salamol works by widening the airways in your lungs to allow air in and out. This helps you to feel less breathless, wheezy or tight-chested. This kind of medicine is known as a ‘Reliever’, or a bronchodilator. Your doctor may have given you a Salamol inhaler to treat asthma, bronchitis, emphysema, or other breathing problems. Salamol provides fast relief of symptoms (within 5 minutes), and relief for around 4-6 hours.

Salamol may also be used to prevent asthma caused by exercise or asthma caused by a substance that you are allergic to (e.g. house dust, pollen, dogs, cats, cigarette smoke, etc.) or to treat breathing difficulties which are caused by other chest diseases.

Your doctor may have prescribed Salamol Inhaler for another reason. Ask your doctor if you have any questions about why Salamol has been prescribed for you.

Your doctor may have prescribed another kind of inhaler medicine to prevent you from having an asthma attack. This kind is known as a ‘Preventer’. Your doctor may have told you to use the ‘Preventer’ inhaler in addition to your Salamol inhaler.

There is no evidence that Salamol is addictive.

Salamol is only available on a doctor's prescription.

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## Before you use Salamol CFC-Free Inhaler

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### ***Do not use Salamol if:***

- you have an allergy to Salamol, salbutamol sulphate, or any of the ingredients listed at the end of this leaflet.
- the packaging is torn or shows signs of tampering.
- the expiry date (USE BY) printed on the pack has passed.  
If you take this medicine after the expiry date has passed, it may not work as well.

### ***Before using Salamol Inhaler***

#### **Tell your doctor or your pharmacist if:**

1. you have any allergies to any other medicines or any other substances, such as foods, preservatives or dyes.

2. you have or have had:

- thyroid problems.
- liver problems
- heart problems
- high blood pressure
- diabetes

3. you are pregnant or plan to become pregnant, or if you are breastfeeding or planning to breastfeed. Your doctor will tell you if you should use your inhaler. It is important that asthma is managed well during pregnancy and you should not stop using your inhaler without asking your doctor.

4. you are taking other medicines, including any that you buy from a pharmacy, supermarket, or health food shop.

Do not use Salamol for premature labour or threatened miscarriage.

**If you are not sure whether you should start using Salamol, contact your doctor or pharmacist.**

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## **How to use Salamol CFC-Free Inhaler**

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You will find detailed instructions on how to use Salamol in each pack. Read these instructions carefully before you use your inhaler.

**If you are not sure how or when to use your inhaler, ask your doctor or pharmacist.**

**An adult should always help a child with their inhaler. A spacer may be helpful when giving Salamol to babies or young children.** Your doctor, practice nurse or pharmacist will explain what a spacer is and how to use it.

### ***When to use your Salamol, and how much to use***

Follow your doctor's instructions on when to use your Salamol CFC-Free Inhaler, and on how many puffs to take. The pharmacy label on your Salamol CFC-Free Inhaler will usually tell you when to use it and how much to use. If you are not sure, ask your doctor or pharmacist.

### ***How long to use your Salamol CFC-Free Inhaler***

Salamol helps control your condition, but does not cure it. Therefore you must continue using it for as long as your doctor or pharmacist tells you.

### ***How to use your inhaler***

You should visit your doctor, practice nurse, or pharmacist regularly to check that you are using your Salamol CFC-Free Inhaler properly. If you are not using it the right way, the medicine may not be helping you as much as it could.

**You must remember to clean your inhaler once a week to prevent blockage.**

### **Testing your inhaler**

Before using your Salamol CFC-Free inhaler for the first time, remove the plastic mouthpiece cap, shake the inhaler well, and release two puffs into the air to make sure that it works. If it has not been used for several days shake it well and release one puff into the air to make sure that it works.

### **Using your inhaler:**

1. Take the cap off the inhaler mouthpiece. Make sure the mouthpiece is clean and clear of fluff and dirt.
2. Hold the inhaler upright, with your thumb on the base and your first finger on the top of the can. Shake the inhaler vigorously up and down.

3. Breathe out normally as far as you comfortably can. Then hold the mouthpiece firmly between your lips.
4. Breathe in slowly and deeply. At the same time as you first start to breathe in, press the aerosol can with your first finger to spray the aerosol and release the medicine. Continue to breathe in slowly and deeply.
5. Take the inhaler out of your mouth and hold your breath for 10 seconds, or for as long as you comfortably can. Breathe out slowly.
6. If you need more than one puff, wait about one minute and then start again from step 2. Put the cap back on the inhaler mouthpiece.

#### **IMPORTANT:**

Do not rush steps 3 and 4. It is important that you start to breathe in as slowly as possible just before using your inhaler. Practise in front of a mirror for the first few times. If you see 'mist' coming from the top of the inhaler or the sides of your mouth you should start again from stage 2.

If your doctor has given you different instructions for using your inhaler, please follow them carefully. Tell your doctor if you have any problems using Salamol CFC-Free Inhaler.

Children and people with weak hands may find it easier to hold the inhaler with both hands. In this case for step 2 put your two first fingers on the top of the can and both thumbs on the base of the can.

If you find it difficult to breathe in and use your inhaler at the same time, talk to your doctor or pharmacist. It may be better for you to use a spacer with your Salamol CFC-Free Inhaler. Your doctor, practice nurse, or pharmacist will explain what a spacer is and how to use it.

#### ***What to do if your inhaler stops working properly***

It is important to clean your inhaler regularly to prevent deposits from the aerosol building up and blocking the inhaler. If your inhaler doesn't seem to be working, it may be that your inhaler has become blocked and you should clean your inhaler according to the section 'How to clean your inhaler'. If your inhaler still does not work, return it to your doctor or pharmacist.

#### ***In case you take too much (an overdose)***

If you or someone else has used too much Salamol, immediately telephone your doctor or the National Poisons Information Centre ((0800 POISON or 0800 764 766), or go to your nearest Accident & Emergency centre. Do this even if there are no signs of poisoning or discomfort.

You should only use Salamol as instructed by your doctor. It is important that you do not use too much. If you use too much Salamol you may feel sick or vomit; have a fast or irregular heartbeat; you may tremble or feel shaky; you may feel tense, agitated, anxious, restless, excited and unable to sleep; you may have a headache; and your skin may look flushed and feel hot. These symptoms are usually mild side effects of using Salamol and usually wear off in a few hours. However, if they are severe or do not go away, it may be that you have taken too much Salamol. It is important that you tell your doctor as soon as possible. Your doctor may want to check your blood potassium levels.

#### ***In case you forget to use Salamol CFC-Free Inhaler***

If you forget to use your inhaler, do not worry. Take your recommended number of puffs when you remember, then carry on as before. Never use more Salamol than your doctor has told you to.

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## What if your Salamol CFC-Free Inhaler doesn't help your breathing?

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**If your breathing suddenly gets worse after using your Salamol CFC-Free Inhaler, tell your doctor immediately.**

If you find that your Salamol inhaler does not help your breathing as much as usual, or that you need to use it more often, tell your doctor as soon as possible. If the effect of your Salamol inhaler does not last as long as usual or lasts for less than 3 hours, tell your doctor as soon as possible. Your doctor will need to assess your condition, and your doctor may decide to add another medicine to your treatment or change your treatment.

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## While you are using Salamol CFC-Free Inhaler

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### ***Things you must do***

1. Clean your inhaler once a week to prevent blockage.
2. If you have an Asthma Action Plan that you have agreed with your doctor, follow it closely at all times.
3. Keep using Salamol for as long as your doctor or pharmacist tells you.
4. Visit your doctor regularly to check on your asthma condition, and that you are using your inhaler properly.
5. Make sure you keep a Salamol CFC-Free Inhaler with you at all times. You should always carry a spare inhaler.
6. Tell any other doctors, dentists, and pharmacists who are treating you that you are using Salamol.
7. If you are about to be started on any new medicine, tell your doctor or pharmacist that you are using Salamol.
8. If you plan to have surgery that needs a general anaesthetic, tell your doctor or dentist that you are using Salamol.
9. If you become pregnant while using Salamol, tell your doctor or pharmacist.

### ***Things you must not do***

1. Your doctor has prescribed Salamol only for you. Do not give this medicine to anyone else, even if they have the same condition as you.
  2. Do not use Salamol to treat any other complaints unless your doctor or pharmacist tells you to.
  3. Do not stop using Salamol or lower the amount you are using, without checking with your doctor or pharmacist.
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## Side effects

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**Tell your doctor or pharmacist as soon as possible if you do not feel well while you are using Salamol.**

Like all other medicines, Salamol may cause some side effects. If they do occur, most will be minor and short-lived. However, some may be serious and need medical attention. Ask your doctor or pharmacist to answer any questions you may have.

**If you get any of the following side effects and they worry you, tell your doctor or pharmacist but do not stop using your Salamol inhaler:**

- Trembling (or feeling shaky)
- Tense feeling, or muscle cramps
- Headache
- Nausea (or feeling sick)
- Mouth or throat irritation
- Fast or irregular heart beat
- Peripheral vasodilation (your skin may look flushed and feel hot)
- Hyperactivity in children

These side effects are usually mild.

Very rarely, this medicine may cause allergic reactions including skin rashes or redness, or swelling of the face or throat. **If you have an allergic (hypersensitivity) reaction, you should stop using your inhaler and TELL YOUR DOCTOR IMMEDIATELY.** Symptoms include:

- Swelling of the face, lips, mouth or throat
- Severe skin rash or itching
- Difficulty breathing or swallowing
- Feeling faint or dizzy

In a few people, Salamol may affect potassium levels in the blood. Your doctor may want to check your blood potassium levels regularly.

Some people may get other side effects while using Salamol. Tell your doctor or pharmacist if you notice anything else that is making you feel unwell.

Do not be alarmed by this list of possible side effects. You may not experience any of them.

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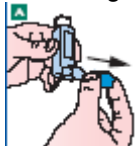
## After using Salamol CFC-Free Inhaler

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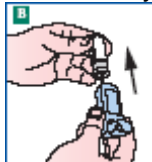
### *Cleaning*

**You must remember to clean your inhaler once a week to prevent blockage.**

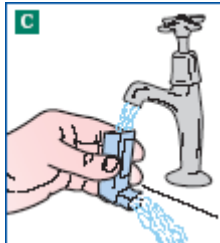
Keeping the plastic mouthpiece clean is very important as it will prevent your inhaler becoming blocked.



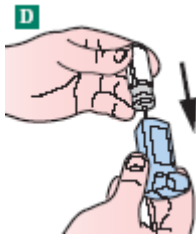
**A** To clean your inhaler first remove the mouthpiece cap.



**B** Remove the metal can from the plastic mouthpiece. Do not put the metal can into water.



**C** Rinse the plastic mouthpiece and the mouthpiece cap with warm running water for at least 30 seconds.



**D** Shake off any excess water and allow to air-dry fully. Leave the mouthpiece to dry overnight if possible, but do not use direct heat. Failure to allow the mouthpiece to dry properly may result in your inhaler becoming blocked. Put the metal can back into the plastic mouthpiece body and replace the cap.

If you need to use your inhaler before it is dry, shake off any excess water from the plastic mouthpiece and put the can back in. Test spray the inhaler by firing two puffs into the air before taking your usual number of puffs. Wash and dry the inhaler again as described above.

### **Storage**

Keep your Salamol CFC-Free Inhaler in a place where children cannot reach it.

Keep your Salamol CFC-Free Inhaler in a cool dry place where the temperature stays below 25°C. Keep it away from frost, and do not store it in a refrigerator. Keep it away from direct sunlight and heat. Do not leave it in the car on hot days.

As with most inhalers in metal cans, Salamol may not work as well when the can is very cold. To warm it, pull out the metal can from its plastic mouthpiece 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 plastic body before using it again.

### **Disposal**

If your doctor tells you to stop using Salamol, or the inhaler has passed its expiry date, ask your pharmacist what to do with any inhalers that are left over. The metal can should not be broken, punctured or burnt, even when apparently empty. You can recycle the plastic holder and cap along with other household plastics.

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## **Product Description**

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### **What It Looks Like**

Salamol CFC-Free Inhaler is a metered-dose aerosol inhaler. The pressurised metal can fits into the blue colour plastic mouthpiece body, with a dark blue colour cap.

### **Ingredients**

The medicine in your Salamol inhaler is Salbutamol (as the sulphate). Each puff contains 100mcg Salbutamol (as sulphate). Salamol CFC-Free Inhaler also contains the CFC-free propellant Norflurane (HFA 134a) and Ethanol (Anhydrous).

Salamol CFC-Free Inhaler does not contain sucrose, lactose, gluten or tartrazine.

Salamol CFC-Free Inhaler contains at least 200 metered doses.

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## Further Information

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**Your Salamol CFC-Free Inhaler is supplied by:**

Air Flow Products Ltd  
Level 3, The Thorndon Centre  
191 Thorndon Quay  
PO Box 1485  
WELLINGTON 6140  
Telephone: 0800 AIRFLOW (0800 247 359)  
Fax: 0800 323 270  
[www.air-flow.co.nz](http://www.air-flow.co.nz)

**Sponsor:**

Norton Healthcare Limited (New Zealand Branch Office)  
[An Affiliate company of Teva Pharmaceutical Industries Ltd]  
Makino Road  
PO Box 115  
FEILDING 4740

Salamol is a trademark.

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

*Asthma and Respiratory Foundation of New Zealand (Inc.):* Air Flow Products Ltd is a wholly owned subsidiary of the Asthma and Respiratory Foundation of New Zealand (Inc.). Funds raised will support the work of the Asthma and Respiratory Foundation of New Zealand (Inc.).

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