

### 3 How to use Ventolin Evohaler

Always use this medicine exactly as your doctor has told you. 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 if 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.
- 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.

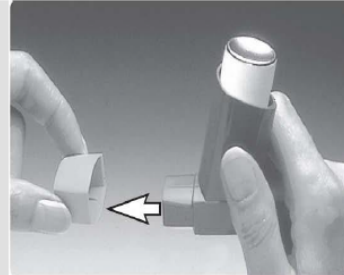
Do not use your inhaler more often than the doctor told you to. Tell your doctor if your medicine does not seem to be working as well as usual, as your chest problem may be getting worse and you may need a different medicine.

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<sup>®</sup> spacer device, with a face mask, or the Babyhaler<sup>®</sup> 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<sup>®</sup> 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.
- hyperactivity

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 medicine, ask your doctor, nurse or pharmacist.