

Healol Salbutamol Inhaler

Salbutamol 100mcg/dose

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What is Healol Salbutamol Inhaler used for

Healol Salbutamol Inhaler 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. Healol Salbutamol Inhaler contains a propellant called HFA 134a. This is less harmful to the environment than older inhalers.

How Healol Salbutamol Inhaler works

Healol Salbutamol Inhaler 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.

Before you use Healol Salbutamol Inhaler

-When you must not use it

If you are allergic (hypersensitive) to salbutamol sulphate or the other ingredient *Tetrafluoroethane (HFA 134a propellant)*

-Before you start to use it

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 medications

Tell your doctor if you are taking any other medicines, including any that you buy without a prescription from a pharmacy, supermarket or health food shop. 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 Healol Salbutamol Inhaler with food and drink

You can take Healol Salbutamol Inhaler at any time of the 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.

How to use Healol Salbutamol Inhaler

-How much to use

Adults and children over four years of age. For the relief of acute

episodes of bronchospasm or prevention of asthma symptoms: One or two inhalations four times daily. If control of mild asthma deteriorates and results in regular use of a short acting β_2 -agonist more than 4 times daily, patients should be instructed to contact a clinician for reevaluation and possible institution of maintenance therapy.

To prevent exercise-induced bronchospasm: Two inhalations 15 minutes prior to exercise.

Children below 4 years of age: Safety and effectiveness of inhaled Salbutamol have not been established.

-When to use it

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

Instruction for use

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

Before using your inhaler for the first time, or it has not been used for a week or more, shake it well and then 'test fire' it, i.e. release one puff into the air.

Using your Inhaler

1. Remove the mouth piece cover, and check that the mouthpiece is clean. Shake the inhaler well. Hold the inhaler upright, with your thumb

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on the base. Place either one or two fingers on top of the canister.

2. Breathe out gently, through your mouth.

3. Place the mouth piece of the inhaler in your mouth between your teeth and close your lips around it (do not bite it)

4. Press down the canister and breathe in.

5. Remove the inhaler from your mouth and hold your breath for 10 seconds or for as long as it is comfortable. Breathe out slowly.

6. If another dose is required, wait for at least one minute. Shake the inhaler well and repeat steps 2 to 4. After use, replace the mouth piece cover.

Important

Do not rush steps 3 and 4. It is important that you start to breathe in as slowly as possible just before releasing the dose. Practice in front of the mirror for the first few times. If you see 'mist' coming from the top of inhaler or the sides of your mouth, start again from step 1. The escaping mist indicates incorrect technique.

For children

Parents must assist those children who need help in using the inhaler correctly.

Cleansing

It is essential to keep the plastic mouthpiece clean, to ensure proper functioning of the inhaler. Clean your inhaler at least once a week as follows:

1. Gently pull the metal canister out of the plastic body of the inhaler. Remove the mouthpiece cover.

2. Immerse the plastic body and the mouthpiece cover in warm water. **Do not put the metal canister in the water.**

3. Next, rinse the plastic body and mouthpiece cover under running tap water.

4. Shake well to remove excess water.

Leave to dry in warm place, avoid excess heat.

5. When the plastic body is dry, replace the canister and the mouthpiece cover correctly.

-How long to use it

Please continue taking the medicine and follow doctor's instruction.

-If you forget to use it

- 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 use too much (overdose)

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, dry mouth
- You may feel chest pain, fits. Elevation or sudden drop in blood pressure might occur
- You may experience tiredness or difficulty falling asleep

While you are using it

-Things you must do

You must tell your doctor/ pharmacist about any herbal/ OTC drugs/ special diet you are currently taking/ or undergoing any medication for other conditions. You must keep away all the medicines away from children.

-Things you must not do

You must not exceed the recommended dosage.

-Things to be careful of

Please tell your doctor if you are pregnant/ planning to get pregnant/ or breastfeeding.

Side effects

Healol Salbutamol Inhaler may cause shakiness, usually of the hands. Occasionally headaches have been reported. Increased blood flow to your extremities (peripheral dilatation) and abnormally rapid heart rate may occur in some patients.

Hypersensitivity reactions including swelling of the face, lips, mouth, tongue or throat which may cause difficulty in swallowing or breathing, itchy rash, feeling faint or light headed and collapse, have been reported rarely.

There have been very rare reports of muscle cramps. A low level of serum potassium which is potentially serious can also be caused.

Hyperactivity has been reported rarely in children. Mouth and throat irritation may occur. Abnormal heartbeat (either too fast or too slowly) may occur in some patients.

An abnormally rapid heart rate may occur in some patients.

You may report any side effects or adverse drug reaction directly to the National Centre for Adverse Drug Reaction Monitoring by visiting the website npra.moh.gov.my [Consumers → Reporting Side Effects to Medicines(ConSERF) or Vaccines (AEFI)]

Storage and Disposal of Healol Salbutamol Inhaler

-Storage

Store below 30°C. Keep out of the reach and sight of children.

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-Disposal

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

Product Description

-What it looks like

Healol Salbutamol Inhaler is a white homogenous suspension aerosol for inhalation, in propellant HFA 134a, supplied in a pressurized container. On visual examination, there should be no sign of physical damage or leakage.

Pack size: Aerosol containing 200 metered dose.

-Ingredients

- Active ingredient(s)
Salbutamol 100mcg/dose
- Inactive ingredient(s)
Tetrafluoroethane (HFA 134a propellant) oleic acid, ethanol

-MAL number

MAL17065016ACZ

Manufacturer

Laboratorio Aldo-Union SL
Baronessa de Malda 73,
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Product Registration Holder

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