

# Ventolin (salbutamol) instructions

Your child is admitted because of shortness of breath. Your child can go home when he/she has recovered sufficiently and no longer needs extra oxygen. At the time of discharge, your child has not yet fully recovered, but will have to continue recovering at home. The symptoms may persist for several weeks, but gradually decrease in severity. We therefore advise that your child continues to take Salbutamol at home according to the schedule that you receive from the doctor.

Salbutamol is a bronchodilator that relaxes the muscles around the airways. The drug is administered in the form of inhaled medication (puffs) with a space chamber device. The effect of Salbutamol is often noticeable in your child. He/she becomes more lively, breathes easier and coughs up mucus better. Busy behaviour and a faster heartbeat are a common side effect.

Depending on your child's shortness of breath, long-term medication such as Fluticasone or Beclomethasone may also be started. These medications protect the airway, inhibit inflammation and reduces symptoms. This will be discussed with you by the doctor.

## Inhalation instruction

The paediatric nurse will go through the inhalation technique with you. More information and an instruction film can be found at: <https://inhalatorgebruik.nl/> (if you click on the prescribed medication inhaler or space chamber, you will find a video which you can switch to English).

*(Step 0: Before using the medication for the first time: remove the protective cap from the aerosol dose inhaler, shake the inhaler vigorously and spray 3 doses outside the space chamber).*

**Step 1:** Remove the protective cap from the aerosol dose inhaler (if it's not used for over 1 week: shake vigorously and spray 1 dose outside the space chamber). Shake the aerosol dose inhaler vigorously (the content consists of propellant gas and medicine. If you do not shake it well, your child will not receive medicine) and place the inhaler with the opening downwards and straight in the space chamber.



**Step 2:** Make sure your child's mouth is empty, also no pacifier. Have the child sit or stand upright. Hold the space chamber horizontally and place the mask tightly on the face over the child's mouth and nose.

**Step 3:** Press the aerosol dose inhaler 1 time (not more). Have the child inhale and exhale 5 times (or 10 seconds) through the space chamber. Keep the mask tightly connected until the child is finished.

**Step 4:** If multiple inhalations are prescribed, remove the aerosol dose inhaler from the space chamber and then repeat the instructions from step 1.

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**Step 5:** After inhalation, rinse the mouth and throat: gargle and spit out the first sip, swallow the second sip or, if this is not possible, eat or drink something.

**Step 6:** Keep the medication in a safe place (room temperature), out of the reach of children. Clean the spacer according to the manufacturer's instructions. We recommend replacing the space chamber after 1 year.

Please note: calculate when the aerosol dose inhaler is empty. The side the aerosol dose inhaler shows how many doses it contains; if necessary, count the doses you give and note the date of opening. If you are not sure whether there is still medication in it, spray 1 dose against glass (for example a window). If you see a clear white layer on the sprayed surface, there is still medicine in the inhaler. When in doubt, pick up a new inhaler at the pharmacy.

## Salbutamol reduction schedule

Date:								
01:00								
02:00								
03:00		X						
04:00								
05:00								
06:00			X					
07:00		X		X	X			
08:00								
09:00								
10:00								
11:00		X						
12:00			X					
13:00				X				
14:00								
15:00		X						
16:00								
17:00								
18:00	X		X					
19:00		X		X	X			
20:00								
21:00								
22:00	X							
23:00		X						
24:00			X					

## Questions and problems

Do you have questions? Please contact the paediatric outpatient clinic (Mon-Fri 8:00 am – 4:30 pm): 020 755 7028. In the evenings and at night you can call the general practitioner.