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What Salamol Easi-Breathe® is and what it is used for

Salamol Easi-Breathe® contains salbutamol sulphate, which belongs to a group of medicines called beta-agonists. Salbutamol is a bronchodilator and 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.

Usage
Salamol Easi-Breathe® is used to treat asthma in adults, adolescents and children aged 4 to 11 years. It can also be used to prevent asthma caused by exercise or asthma caused by a reaction to allergens (substances to which you are allergic to e.g. house dust, pollen, dog hair, cat hair, cigarette smoke, etc.) or to treat breathing difficulties associated with reversible airway obstruction (e.g. chronic obstructive pulmonary disease [COPD]). This type of medicine is known as a beta-agonist. You may be using another medicine to prevent your from having an asthma attack (‘controller medication’). You can use your controller medication with this medicine.

What you need to know before you use Salamol Easi-Breathe®

Do not use Salamol Easi-Breathe® if:
- You are allergic to salbutamol or any of the other ingredients of the medicine.
- You have a condition known as hypokalaemia (a disorder where the oxygen level in the blood is low and may cause breathlessness) or if you have a history of heart disease or diabetes.

Consult a doctor immediately if your usual treatment is not working or you need more than 8 puffs per day (adults) or 4 puffs per day (children) or in case of worsening asthma symptoms. Your dosage should only be increased on medical advice.

Other medicines and Salamol Easi-Breathe®

Tell your doctor or pharmacist if you are taking any other medicines. You may be taking or might take any other medicines if you are having treatment that requires a general anesthetic, please tell your anesthetist that you are taking Salamol Easi-Breathe®. Do not use this medicine for at least 6 hours before the intended anesthetic.

Salbutamol can reduce the amount of potassium in your blood. If this happens, you may notice an irregular heartbeat, muscle weakness or cramp. This is more likely to happen if you use salbutamol with other medicines to treat high blood pressure, medicines used to treat heart disease, medicines used to treat breathing problems (e.g. steroids), medicines to stimulate the heart (e.g. anti-arrhythmics), medicines for diabetes or medicines for mental health conditions.

Some of these medicines may increase the effect of Salamol Easi-Breathe®.
- Some medicines for the treatment of high blood pressure such as beta-blockers (e.g. propranolol).
- Medicines used to treat heart disease (e.g. digoxin).
- Medicines for the treatment of depression (e.g. anti-arrhythmics, e.g. amitriptyline or imipramine).
- Uterus tablets (dihydroergotamine).
- Medicines for the treatment of chronic kidney disease (e.g. diuretics).
- The anti-microbial drug metronidazole.

Pregnancy and breast-feeding

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

Driving and using machines

Salamol Easi-Breathe® does not affect the ability to drive or to use machinery.

How to use Salamol Easi-Breathe®

Always use this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

The dose is individually adjusted according to your doctor’s instructions, based on previous asthma therapy.

For the best results with this medicine you should use it when required to relieve symptoms of asthma and other chest conditions with similar symptoms, such as wheezing, breathlessness and tightness in your chest. Take one puff as a starting dose. This may be increased to two puffs, if necessary.

To prevent asthma caused by exercise or allergies (e.g. house dust, pollen etc.), 1 in 2 puffs 10–15 minutes before you exercise or before exposure to known allergens. Do not take more than eight puffs in 24 hours.

Use in children and adolescents

The usual dose for children under the age of 12 years to relieve asthma symptoms such as wheezing, breathlessness and tightness in your chest, take one puff as a starting dose. This may be increased to two puffs, if necessary.

Children under the age of 12 should refer to the adult dosage instructions above.

Use the inhaler

Opening

To open the inhaler, fold down the cap which fits over the mouthpiece.

Instructions for use

Important

Before using this medicine, please read this leaflet carefully and follow the instructions.

Adolescents should always supervise children when they use Salamol Easi-Breathe®.

Always remember the following:
- Wait 4 hours between doses.
- Tell your doctor if your asthma gets worse or if this medicine does not provide as much relief from your asthma as before.
- If you should sit or stand upright while taking this medicine. It is important when using this medicine to hold the inhaler upright as it will not work if it is not held in this position.

This inhaler is designed to make it easier for you to use. It is a breath-operated inhaler. This means it only releases a dose when you breathe in.

Taking the inhaler

1. Shake the inhaler vigorously.
2. Hold the inhaler upright and open by folding down the cap which fits over the mouthpiece.
3. Breathe out normally as far as you comfortably can. Then hold the mouthpiece firmly between your lips. Hold the inhaler upright and make sure that your hand is not blocking the airholes. Breathe in slowly and deeply through the mouthpiece. Don’t stop breathing when the inhaler puffs the dose into your mouth. Carry on until you have had a deep breath.
4. Take the inhaler out of your mouth and hold your breath for 10 seconds or as long as you comfortably can. Then breathe out slowly.
5. After you have used your inhaler, hold it upright and quickly wipe the mouthpiece.
6. If you need to take more than one puff, close the cap, wait about one minute and then start again from step 1.

What to do if your inhaler stops working properly?

If your inhaler does not work properly unscrew the top and press the can down. It is important to clean your inhaler regularly to prevent deposits from the inside building up and blocking the inhaler. If your inhaler does not seem to be working, it may be that your inhaler has become blocked and you should clean your inhaler as detailed below.

If your inhaler still does not work, return it to your doctor or pharmacist.
Clearing the inhaler
You must keep your inhaler clear, especially with the mouthpiece. This will prevent deposits from the aerosol building up. To prevent your inhaler becoming blocked you must clean it once a week.

A. To clean your inhaler, unscrew and remove the top of the inhaler. Keep this top dry at all times.

B. Remove the metal can from the bottom of the inhaler. Do not put the metal can into water.

C. Rinse the bottom of the inhaler with warm running water for at least 30 seconds.

D. Shake off any excess water and dry the bottom of the inhaler thoroughly. Leave to dry overnight (if possible) but do not use direct heat. Put the can back into the bottom of the inhaler. Close the cap and screw the top and bottom parts of your inhaler back together.

Failure to allow the mouthpiece to dry properly will result in an increase in blockage problems.

If you need to use your inhaler before it is dry, shake off any water from the bottom of the inhaler and put the can back in. Then spray the inhaler by using two puffs in the air as previously described above. Screw the top and bottom parts of your inhaler together and take your usual dose. When you have taken your usual dose, wash and dry your inhaler again as described above.

If you use more Salamol Easi-Breathe® than you should

It is important that you take your doses as stated on the pharmacist’s label or as advised by your doctor. You should not increase or decrease your dose without seeking medical advice.

If you accidentally take a larger dose than recommended, you may notice that your heart is beating faster than usual, that you feel shaky or tense, you may have a headache and your skin may look flushed and feel hot. These effects usually wear off in a few hours, but you should tell your doctor as soon as possible. Your doctor may want to check your blood potassium levels.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them. Contact your doctor immediately if you experience allergic (hypersensitivity) reactions. These include:

- Wheezing, coughing and difficulty in breathing
- Rash, swelling of the face and throat, and a fall in blood pressure.

If you experience any of these side effects or if they occur suddenly after using salbutamol, you should stop using your medication straightaway and tell your doctor immediately. Allergic reactions to salbutamol are very rare (occurring in less than 1 in 10,000 patients).

Other side effects:

Common (may affect up to 1 in 10 people):

- Feeling tense and getting headaches [which are more likely with higher doses]
- Feeling shaky (muscle tremors)
- Dizziness

Uncommon (may affect up to 1 in 100 people):

- Reduction in the amount of potassium in your blood (if this happens, you may notice an irregular heartbeat, muscle weakness or cramps)
- Increase in lactate levels and acid levels in the blood (you may experience symptoms such as persistent nausea and vomiting, unexplained tiredness, shortness of breath and rapid breathing, cold or blue hands and feet)
- Sleep disturbances and feeling things that are not real
- Rapid or irregular heart beat (palpitations)
- Increased blood flow to your extremities (peripheral oedema)
- Mouth and throat irritation, nausea, vomiting and dry and sore mouth
- Muscle cramps

Very rare (may affect up to 1 in 10,000 people):

- Difficulty in sleeping (insomnia)
- itching of your skin
- Trembling (particularly your hands)

Not known (frequency cannot be estimated from the available data):

- Chest pain (due to heart problems such as angina)

6. Contents of the pack and other information

When Salamol Easi-Breathe® contains:

- The active substance is salbutamol sulphate equivalent to 100 micrograms of salbutamol in each puff (metered dose).
- The other ingredients are ethanol anhydrous (alcohol) and the propellant norflurane (HFA-134a). This medicine does not contain any CFCs.

What Salamol Easi-Breathe® looks like and contents of the pack:

- The name of your medicine is Salamol Easi-Breathe® CFC-Free Inhaler 100 micrograms Pressurised Inhalation Suspension.
- Each pack of Salamol Easi-Breathe® contains a single inhaler and can which supplies 200 metered doses.

Marketing Authorisation Holder: Norton Healthcare Ltd., TFA NAAC Pharmaceuticals UK, Ridings Point, Whether Drive, Consett, West Yorkshire, UK T: 0948, United Kingdom

Manufacturer: NAAC Pharmaceuticals Ireland, IDA Industrial Park, Waterford, Ireland

This medicinal product is authorised in the Member States of the EEA under the following names:

UK: Salamol Easi-Breathe® CFC-Free Inhaler 100 micrograms Pressurised Inhalation Suspension.

Germany: Salbutalol N 100 microgramme Easi-Breathe Ursprungs Suspension, TNA 100 microgrammes Inhalateur, Suspension.

The Netherlands: Salbutamol 100 Reaperlaster 100 microgram/dosé aerosol, suspensie.

Denmark: Salamol.

This leaflet was last revised in April 2014.