

# Chem mart® SALBUTAMOL

Salbutamol (sal-bew-tam-ol)

## Consumer Medicine Information

### What is in this leaflet

This leaflet answers some common questions about Chem mart Salbutamol.

It does not take the place of talking to your doctor or pharmacist.

It does not contain all the available information.

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

**If you have any concerns about using this medicine, talk to your doctor or pharmacist.**

**Keep this leaflet with the medicine.**

You may need to read it again.

### What Chem mart Salbutamol is used for

Salbutamol is inhaled into the lungs for the relief of symptoms of asthma. Asthma is a disease where the lining of the lungs becomes inflamed (red and swollen), making it difficult to breathe.

Salbutamol opens up the air passages in people suffering from asthma, bronchitis and emphysema. It may also be used before exercise to keep your air passages open if you start to wheeze or have difficulty breathing each time you exert yourself.

Salbutamol belongs to a family of medicines called bronchodilators (beta-2-agonists). These work rapidly to open up the air passages in your lungs.

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

Salbutamol is not addictive.

### Before you use Chem mart Salbutamol

*When you must not use it*

**Do not use salbutamol if you have an allergy to:**

- salbutamol or any other medicines to treat breathing problems
- any other beta-2-agonist medicine
- any of the ingredients listed at the end of this leaflet.

Symptoms of an allergic reaction to salbutamol may include skin rash, swelling under the skin, difficulty breathing, dizziness and collapse.

**Do not use salbutamol if the packaging is torn or shows signs of tampering.**

**Do not use salbutamol if the expiry date (EXP) printed on the pack has passed.**

If you use this medicine after the expiry date has passed, it may not work as well.

**If you are not sure whether you should start using salbutamol, contact your doctor.**

*Before you start to use it*

**You must tell your doctor or pharmacist if you are allergic to any other medicines, foods, dyes or preservatives.**

**Tell your doctor or pharmacist if you have or have ever had any other health problems or medical conditions, including:**

- heart, liver or kidney problems
- an overactive thyroid gland
- diabetes
- glaucoma
- high blood pressure.

**If you have not told your doctor or pharmacist about any of the above, tell them before you start using salbutamol.**

**Tell your doctor or pharmacist if you are pregnant or intend to become pregnant.**

Your doctor or pharmacist will discuss the possible risks and benefits of using salbutamol during pregnancy. It is important that asthma is well managed during pregnancy and you should not stop your medicine without asking your doctor.

**Tell your doctor or pharmacist if you are breast-feeding or wish to breast-feed.**

Your doctor or pharmacist will discuss the possible risks of using salbutamol during breast-feeding.

## *Using other medicines*

**Tell your doctor if you are taking any other medicines, including medicines you buy without a prescription from a pharmacy, supermarket or health food shop.**

Some medicines and salbutamol may interfere with each other. These include:

- medicines used to treat high blood pressure
- medicines used to treat heart problems
- medicines used to treat depression or other mood disorders (eg. imipramine)
- medicines used to treat glaucoma, including those that are eye drops
- medicines used to treat hayfever, coughs and colds.

These medicines may be affected by salbutamol or may affect how well it works. You may need different amounts of your medicine, or you may need to use different medicines. Your doctor or pharmacist will advise you.

Your doctor and pharmacist may have more information on medicines to be careful with or avoid while using salbutamol.

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## **How to use Chem mart Salbutamol**

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**Use salbutamol exactly as your doctor has prescribed.**

### *How much to use*

Your doctor will decide what dose you should use, how often you should use it and what strength you should use. If you are not sure, ask your doctor or pharmacist. If your chest condition suddenly gets worse, your doctor may tell you to increase your dose. If you increase your dose and do not get relief, tell your doctor immediately.

## *How to use it*

Do not swallow the liquid in your salbutamol ampoule.

**Opening instructions for the ampoules:**

**Twist a single ampoule downwards to remove from the strip.**

**Flick the ampoule so that the solution flows to the bottom.**

**Hold the base of the ampoule and break the seal with a quick twisting action. Snap off the top.**

**Squeeze the contents of the ampoule into the nebuliser.**

The medicine in your salbutamol single dose ampoule is taken by inhalation only, using a nebuliser. A nebuliser delivers the medicine in the form of a mist which you breathe into your lungs. You breathe in the mist through the face mask which is connected to the nebuliser. You must ensure that the face mask is properly fitted to your nose and mouth before nebulising and inhaling the medicine.

It is wise to visit your doctor or pharmacist from time to time to check that you are using your nebuliser in the right way. You should also contact the manufacturer of your nebuliser to check that your nebuliser is working properly. If you are not breathing the medicine in correctly, the medicine may not be helping you as much as it could.

After using the nebuliser, discard any liquid left in the nebuliser bowl, rinse and dry.

**If you do not understand the instructions, ask your doctor or pharmacist for help.**

### *How long to use it*

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

## *If you forget a dose*

If you have been told to use salbutamol regularly and forget a dose, do not worry. Just take the next dose at the normal time or earlier if you become wheezy or feel tight in the chest.

### *If you use too much (overdose)*

**Immediately telephone your doctor or Poisons Information Centre (telephone 13 11 26) for advice, or go to the Accident and Emergency Department at your nearest hospital if you think you or anyone else may have used too much salbutamol. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention. Keep telephone numbers for these places handy.**

If you use too much salbutamol, you may, experience a fast or irregular heartbeat, feel shaky or tremble. Trembling may affect the whole body but especially the fingers. These symptoms are usually mild side effects of using salbutamol. However, if they are severe or do not go away, it may be that you have taken too much.

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## **While you are using Chem mart Salbutamol**

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### *Things you must do*

**If you have an Asthma Action Plan that you have agreed with your doctor, follow it closely at all times.**

**If you find that the usual dose of salbutamol is not giving as much relief as before, or you are needing to use it more often, please contact your doctor so that your condition can be checked.**

This is important to ensure your breathing problem is controlled properly.

Continue using salbutamol for as long as your doctor or pharmacist tells you.

Visit your doctor regularly to check on your asthma condition.

Tell any other doctors, dentists, and pharmacists who are treating you that you are using salbutamol.

If you are about to be started on any new medicine, tell your doctor or pharmacist that you are using salbutamol.

If you plan to have surgery (that needs a general anaesthetic), tell your doctor or dentist that you are using salbutamol.

If you become pregnant while using salbutamol tell your doctor or pharmacist.

### *Things you must not do*

**Do not take any other medicines for your breathing problems without checking with your doctor.**

**Do not give salbutamol to anyone else, even if their symptoms seem similar to yours or if they have the same condition as you.**

**Do not use salbutamol to treat any other complaints unless your doctor or pharmacist tells you to.**

**Do not stop using salbutamol or lower the dosage, 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 taking salbutamol.**

All medicines can have side-effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

**Ask your doctor or pharmacist about any questions you may have.**

**If you get any side effects, do not stop using your salbutamol without first talking to your doctor or pharmacist.**

**Tell your doctor or pharmacist if you notice any of the following and they worry you:**

- headache
- nausea
- shaky or tense feeling
- 'warm' feeling
- mouth or throat irritation
- muscle cramps.

These side effects are usually mild.

**Tell your doctor or pharmacist immediately if you notice any of the following:**

- difficulty breathing or worsening of your breathing problems
- swelling or severe rash
- fast or irregular heart beat
- pounding heart beat.

These may be serious side effects. You may need urgent medical attention. Serious side effects are rare.

In a few people, salbutamol may affect their blood potassium levels. Your doctor may do tests to check this.

**If you use a combination of nebulised salbutamol and ipratropium bromide, be careful not to let the liquid or mist get in your eyes.**

If you have red eyes or misty vision with headache after using this combination, tell your doctor immediately.

**Other side effects not listed above may occur in some patients. 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 Chem mart Salbutamol

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### *Storage*

**Keep your salbutamol ampoules in their original packs until it is time to use them.**

If you take the salbutamol ampoules out of the foil pack, they may not keep well. After opening the foil pack salbutamol ampoules should be used within 3 months.

**Keep salbutamol in a cool dry place, protected from light where the temperature stays below 25°C. Do not store it or any other medicine in the bathroom or near a sink. Do not leave it in the car or on window sills.**

Heat and dampness can destroy some medicines.

**Keep it where children cannot reach it.**

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

### *Disposal*

**If your doctor tells you to stop using salbutamol, or the ampoules have passed their expiry date, ask your pharmacist what to do with any ampoules left over.**

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## Product description

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### *What it looks like*

Chem mart Salbutamol is available in two sizes:

- Chem mart Salbutamol equivalent to salbutamol 2.5 mg/2.5 mL. They are available in packs of 30 (5 ampoules per foil pouch). AUST R 76220
- Chem mart Salbutamol equivalent to salbutamol 5 mg/2.5 mL. They are available in packs of 30 (5 ampoules per foil pouch). AUST R 76221

## *Ingredients*

Chem mart Salbutamol contains salbutamol sulfate as the active ingredient.

Chem mart Salbutamol also contains:

- water
- sodium chloride
- sulfuric acid (used to adjust pH).

## *Sponsor*

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## *Distributed by*

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