

Managing your asthma

A simple guide to avoid over reliance on salbutamol inhalers

This leaflet explains how to manage your asthma. If you have any questions after reading it, speak to your healthcare team.

This information only applies to patients who are **not suitable** for MART/AIR therapy.



What is asthma?

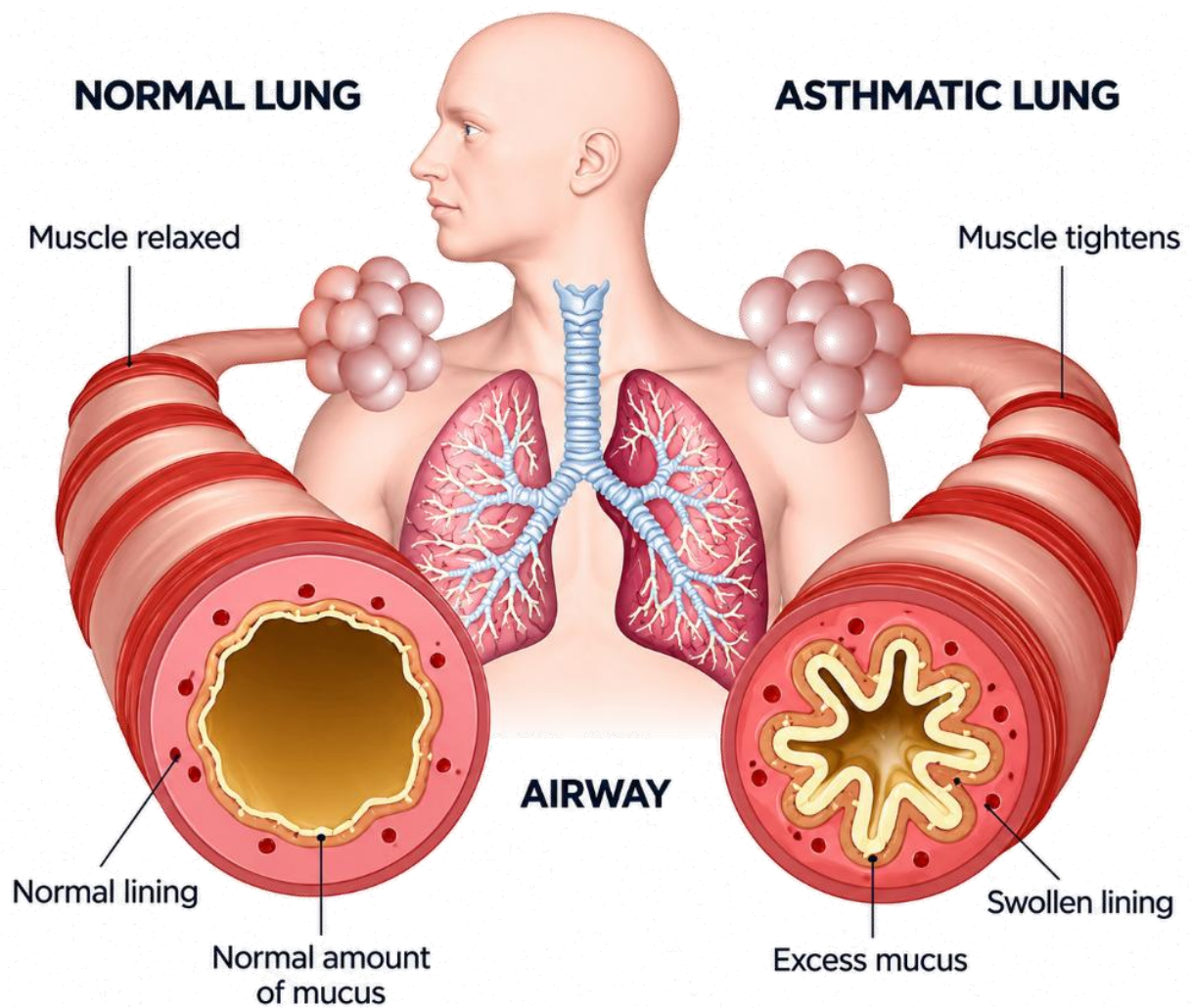
Asthma is a long-term condition that affects the airways in your lungs. Your airways, (breathing tubes) carry air in and out of your lungs.

With asthma, these airways can:

- Become swollen
- Become narrow
- Fill with mucus

This makes it harder to breathe, especially when breathing out.

Asthma is treated by taking your preventer steroid inhaler.



What does your preventer inhaler (steroid inhaler) do?

Your preventer inhaler helps keep your asthma under control.

It works by:

- Reducing swelling in your airways
- Helping you breathe more easily

If used correctly:

- Your asthma should stay well controlled
- You should have few or no symptoms

Important!

- Take your preventer inhaler every day as advised
- Take your preventer inhaler even when you feel well
- Follow the instructions from your health professional

What does your salbutamol blue inhaler do?

Your blue inhaler (salbutamol) helps to:

- Relax the muscles in your airways.
- Make breathing easier quickly.

It is not a preventer inhaler. It does not treat the swelling inside your airways and may make it worse.

You are using your blue inhaler too much if you:

- Use it three or more times a week
- Need three or more inhalers in a year

Using too much blue inhaler can:

- Hide that your asthma is getting worse
- Make airway swelling worse
- Increase your risk of serious asthma attacks

If this sounds like you, please book an asthma review.



Important!

Some inhalers may still spray even when all the medicine has been used. This means you may not get your medicine. This can:

- Make your asthma worse
- Increase symptoms
- Raise the risk of serious asthma attacks

Inhaler checklist. Make sure you:

- ☒ Know **how many doses** are left (check the counter if there is one)
- ☒ Keep **track** if your inhaler has no counter. Use the 'Count it Out' record sheet on the last page
- ☒ Check the **expiry date**
- ☒ Always have a **spare** inhaler

The pressurised metered dose inhaler (pMDI)

- Each pMDI inhaler usually contains either 120 or 200 doses (you can check your inhaler packaging). Some do not have a dose counter.
- Most pMDI inhalers use a propellant to deliver the medicine and may continue to spray even after the medication has run out.
- It is important to keep track of the number of doses used, as you cannot tell whether an inhaler is empty by shaking it.

Further information

For more information on asthma and respiratory support for children and young people, visit:

staffsstoikeics.org.uk/your-health-and-care/children-and-young-people/asthma-and-respiratory/



Count your doses

You can use the table below to mark off how many doses have been used from the preventer and rescue inhaler.

- Strike through every puff used on the table
- Collect a new inhaler before your inhaler runs out
- Return the empty inhaler to your local pharmacy for disposal

Each pMDI inhaler usually contains between 120 to 200 puffs.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100
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161	162	163	164	165	166	167	168	169	170
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191	192	193	194	195	196	197	198	199	200