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## Inhaled Bronchodilator ~ Short Acting Medication ~

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### Other names for this medication:

- Airomir – salbutamol sulphate
- Bricanyl – terbutaline
- Oxeze – formoterol (This is also a long acting bronchodilator)
- Ventolin – salbutamol

### How does this medication work?

This medication helps the muscles around the bronchial tubes in the lungs to relax. This widens or bronchodilates the tubes and improves breathing. This medication also makes the muscle less likely to contract and narrow the tubes in response to exercise, cold air and irritants such as dust and cigarette smoke.

This medication can be used to relieve episodes of tightness of the chest, wheezing, shortness of breath or cough. It can also be used a few minutes before exercise or exposure to cold air or irritants, to prevent symptoms.

### How fast and long does this medication work?

This medication works within minutes and the effects last 4 to 6 hours.

### How much medication do I take and how often?

Take this medication as directed by your doctor.

Take 1 or 2 doses when you have asthma symptoms that bother you or before you exercise to prevent symptoms.

**Please turn over →**

**While taking this medication you may notice:**

- fast heart beat
- headache
- heart palpitations
- problems sleeping

**Consult your doctor:**

- this medication does not relieve symptoms within 10 to 15 minutes
- the effect of this medication does not last for at least 4 hours
- you need to use this medication more often than usual

**If any of these occur, you may need other treatment.**

**When your asthma may be out of control:**

Inhaled bronchodilator medication is safe when not overused. Frequent use is a sign that your asthma is out of control. Out of control asthma can be dangerous.

However, frequent use may be helpful in an emergency. Your doctor or certified respiratory educator will explain what to do if you feel your asthma is out of control.

**You must get treatment with other medications.** If you do not know what to do, contact your doctor or certified respiratory educator.