Terrywhite Chemmart Salbutamol Inhaler (with counter)

Consumer Medicine Information (CMI) summary

The full CMI on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

1. Why am I using Terrywhite Chemmart Salbutamol Inhaler?

Terrywhite Chemmart Salbutamol Inhaler contains the active ingredient salbutamol sulfate. Terrywhite Chemmart Salbutamol Inhaler, which you may know better as a 'puffer', helps you to breathe more easily.

For more information, see Section 1. Why am I using Terrywhite Chemmart Salbutamol Inhaler? in the full CMI.

2. What should I know before I use Terrywhite Chemmart Salbutamol Inhaler?

Do not use if you have ever had an allergic reaction to salbutamol sulfate or any of the ingredients listed at the end of the CMI.

Talk to your doctor if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.

For more information, see Section 2. What should I know before I use Terrywhite Chemmart Salbutamol Inhaler? in the full CMI.

3. What if I am taking other medicines?

Some medicines may interfere with Terrywhite Chemmart Salbutamol Inhaler and affect how it works.

A list of these medicines is in Section 3. What if I am taking other medicines? in the full CMI.

4. How do I use Terrywhite Chemmart Salbutamol Inhaler?

- For adults, the usual dose is one or two puffs, as required, repeated four hourly.
- For children, the usual dose is one puff, repeated four hourly. The dose may be increased to two puffs, repeated four hourly, if required.

More instructions can be found in Section 4. How do I use Terrywhite Chemmart Salbutamol Inhaler? in the full CMI.

5. What should I know while using Terrywhite Chemmart Salbutamol Inhaler?

Things you should do	• Remind any Healthcare Professional (HCP) you visit that you are using Terrywhite Chemmart Salbutamol Inhaler. • Contact your doctor if you become concerned about any side effects. • Tell your doctor immediately, if you become or intend to become pregnant while using Terrywhite Chemmart Salbutamol Inhaler and stop using it immediately. • Your doctor may tell you to take extra puffs of Terrywhite Chemmart Salbutamol Inhaler if your wheezing or breathing suddenly gets worse. If you take extra puffs and do not get relief, tell your doctor immediately.
Things you should not do	• Do not take any other medicines to help you breathe without checking with your doctor. • You should not give this medicine to anyone else, even if their symptoms seem similar to yours • Do not use Terrywhite Chemmart Salbutamol Inhaler if the counter shows 0 or if the expiry date has passed.
Looking after your medicine	• Store Terrywhite Chemmart Salbutamol Inhaler below 30°C. • Clean Terrywhite Chemmart Salbutamol Inhaler at least once a week. • Do not put the metal canister in water. • Do not put it in the refrigerator. • Do not expose to temperatures higher than 50°C. • Do not burn it or puncture it, even when it is empty.

For more information, see Section 5. What should I know while using Terrywhite Chemmart Salbutamol Inhaler? in the full CMI.

6. Are there any side effects?

Less serious side effects include headache, tremor, feelings of anxiety, restlessness, or excitability, , 'warm' feeling or flushing, restlessness in children, and mouth or throat irritation, muscle cramps and nausea. Serious side effects include allergic reactions, irregular or fast heartbeat, immediate breathing difficulties and wheezing, changes in blood potassium levels and lactic acidosis.

For more information, including what to do if you have any side effects, see Section 6. Are there any side effects? in the full CMI.

Terrywhite Chemmart Salbutamol Inhaler (with counter)

Active ingredient(s): *salbutamol sulfate*

Consumer Medicine Information (CMI)

This leaflet provides important information about using Terrywhite Chemmart Salbutamol Inhaler. **You should also speak to your Healthcare Professional (HCP) if you would like further information or if you have any concerns or questions about using Terrywhite Chemmart Salbutamol Inhaler.**

Where to find information in this leaflet:

1. Why am I using Terrywhite Chemmart Salbutamol Inhaler?
2. What should I know before I use Terrywhite Chemmart Salbutamol Inhaler?
3. What if I am taking other medicines?
4. How do I use Terrywhite Chemmart Salbutamol Inhaler?
5. What should I know while using Terrywhite Chemmart Salbutamol Inhaler?
6. Are there any side effects?
7. Product details

1. Why am I using Terrywhite Chemmart Salbutamol Inhaler?

Terrywhite Chemmart Salbutamol Inhaler contains the active ingredient salbutamol sulfate. Terrywhite Chemmart Salbutamol Inhaler belongs to a group of medicines called bronchodilators. Because Terrywhite Chemmart Salbutamol Inhaler gives fast relief from your chest symptoms, it is often called a 'reliever'.

Terrywhite Chemmart Salbutamol Inhaler is used for the relief of bronchospasm in patients with asthma or chronic obstructive pulmonary disease (COPD), and for relief against exercise-induced asthma and other stimuli known to induce bronchospasm.

Bronchodilators relax the muscles of the small air passages in the lungs within a few minutes. This helps to open the airways and makes it easier for air to get in and out of the lungs. When it is used regularly, it helps the small air passages to remain open.

There are other types of medicines that prevent wheezing or chest tightness. These medicines are called 'preventers' and must be used every day. Your doctor may tell you to use a 'preventer' in addition to Terrywhite Chemmart Salbutamol Inhaler.

Ask your doctor if you have any questions about why you are using this medicine.

2. What should I know before I use Terrywhite Chemmart Salbutamol Inhaler?

Warnings

When the dose counter reading approaches zero, contact your Healthcare Professional (HCP) to get a new inhaler. Any puffs left in the device after the dose counter reads zero (000) are not enough to give you the right dose of salbutamol, so you cannot be sure you will receive any medicine after using 200 puffs.

Consider keeping a back-up inhaler.

Do not use Terrywhite Chemmart Salbutamol Inhaler if:

- you are allergic (hypersensitive) to salbutamol sulfate, or any of the ingredients listed at the end of this leaflet.
- the expiry date (EXP) printed on the pack has passed or if the packaging is torn or shows signs of tampering

Do not use Terrywhite Chemmart Salbutamol Inhaler to stop a miscarriage or premature labour.

Always check the ingredients to make sure you can use this medicine.

Check with your doctor if you:

- have any other medical conditions.
- take any medicines for any other condition.
- have had to stop taking this or any other asthma medicine for any reason.
- are allergic to any medicine.
- have been diagnosed with, or are being treated for, a thyroid problem.
- have been diagnosed with, or are being treated for, high blood pressure.
- have been diagnosed with, or are being treated for, a heart problem.
- have been diagnosed with, or are being treated for, a liver problem.
- have been diagnosed with, or are being treated for, a kidney problem.
- have ever been told you have diabetes or high blood sugar.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section 6. Are there any side effects?

Pregnancy and breastfeeding

Check with your doctor if you are pregnant or intend to become pregnant.

Terrywhite Chemmart Salbutamol Inhaler is not usually recommended for use during pregnancy. Your doctor will weigh up the benefits to you against the potential risks to your baby when considering the use of Terrywhite Chemmart Salbutamol Inhaler during your pregnancy.

Talk to your doctor or pharmacist if you are breastfeeding or intend to breastfeed.

It is not known whether the ingredients of Terrywhite Chemmart Salbutamol Inhaler can pass into breast milk.

3. What if I am taking other medicines?

Tell your Healthcare Professional (HCP) if you are taking any other medicines, including any medicines, vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.

Some medicines may interfere with Terrywhite Chemmart Salbutamol Inhaler and affect how it works or make it more likely that you will have side effects.

These medicines include:

- xanthine derivatives (such as theophylline) or steroids to treat asthma.
- diuretics (also called water tablets), sometimes used to treat high blood pressure or a heart condition.
- beta-blockers used to treat high blood pressure or a heart condition.

Check with your Healthcare Professional (HCP) if you are not sure about what medicines, vitamins or supplements you are taking and if these affect Terrywhite Chemmart Salbutamol Inhaler.

4. How do I use Terrywhite Chemmart Salbutamol Inhaler?

How much to use

Always use Terrywhite Chemmart Salbutamol Inhaler exactly as your Healthcare Professional (HCP) has told you to. Check with your HCP if you are not sure.

Terrywhite Chemmart Salbutamol Inhaler should be used as required rather than regularly.

If you are using Terrywhite Chemmart Salbutamol Inhaler more than twice a week to treat your asthma symptoms, not including preventive use before exercise or other triggers, this indicates poorly controlled asthma and may increase the risk of severe asthma attacks (worsening of asthma). You should contact your doctor as soon as possible to review your asthma treatment.

If you use your asthma anti-inflammatory medicine daily, e.g., "inhaled corticosteroid", it is important to continue using it regularly, even if you feel better.

Adults:

- To relieve asthma symptoms/attack, the usual dose for adults is one or two inhalations, repeated four hourly.
- To prevent asthma symptoms/attack, the usual dose for adults is two puffs 10 to 15 minutes before exercise or exposure to a "trigger".
- Your doctor may tell you to take extra puffs of your Terrywhite Chemmart Salbutamol Inhaler if your chest condition suddenly gets worse. If you take extra puffs and do not get relief, tell your doctor immediately.
- Initial doses in the elderly may be lower than the recommended adult dose.

Children:

- To relieve asthma symptoms/attack, the usual dose for children is one inhalation, as required, repeated four hourly, or as directed by their Healthcare Professional (HCP). The dose may be increased to two inhalations if required.
- To prevent asthma symptoms/attack, the usual dose for children is one inhalation 10 to 15 minutes before exercise or exposure to a "trigger". The dose may be increased to two inhalations if required.

How to use Terrywhite Chemmart Salbutamol Inhaler

- If your Terrywhite Chemmart Salbutamol Inhaler is new and you have not used it before, release four puffs into the air to make sure that it works.
- If you have not used it for 5 days or more, or, if you drop the inhaler, you should shake it well, point the mouthpiece away from you and release two puffs into the air before use to make sure that it works.
- The dose counter counts every dose but shows the number at intervals of 20. Thus, as the inhaler is used, the dose counter will count down and show the numbers 200, 180, 160, 140, 120,100, 80, 60, 40, 20 and 0.

Using your inhaler:

Follow the instructions on how to use Terrywhite Chemmart Salbutamol Inhaler in the leaflet provided in the carton.

How to clean Terrywhite Chemmart Salbutamol Inhaler

Terrywhite Chemmart Salbutamol Inhaler should be cleaned at least once a week. You may not see any medicine build-up on the inhaler, but it is important to keep it clean so medicine build-up will not block the spray.

1. Remove the metal canister from the plastic casing (actuator) of the inhaler and remove the mouthpiece cover.
2. Rinse the actuator thoroughly under warm running water.
3. Turn the actuator upside down and rinse again through the mouthpiece thoroughly under warm running water.
4. Shake off as much water from the actuator as you can. Look into the mouthpiece to make sure any medicine build-up has been completely washed away. If there is any build-up, repeat Step 2 and Step 3.
5. Dry the actuator thoroughly inside and out (such as overnight).
6. Replace the metal canister and the mouthpiece cover.

DO NOT put the metal canister in water.

If you forget to use Terrywhite Chemmart Salbutamol Inhaler

Terrywhite Chemmart Salbutamol Inhaler should be used as required. If you forget to take 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.

Do not take a double dose to make up for the dose you missed. This may increase the chance of you getting unwanted side effects.

- If you are not sure what to do, ask your Healthcare Professional (HCP).
- If you have trouble remembering to take your medicine, ask your pharmacist for some hints.

If you use too much Terrywhite Chemmart Salbutamol Inhaler (overdose)

If you think that you have used too much of Terrywhite Chemmart Salbutamol Inhaler, you may need urgent medical attention. You may notice that your heart is beating faster than usual, you feel shaky or have a headache.

You should immediately:

- phone the Poisons Information Centre (**by calling 13 11 26 in Australia**), or
- contact your doctor, or
- go to the Emergency Department at your nearest hospital.

You should do this even if there are no signs of discomfort or poisoning.

5. What should I know while using Terrywhite Chemmart Salbutamol Inhaler?

Things you should do

- Remind any Healthcare Professional (HCP) you visit that you are using Terrywhite Chemmart Salbutamol Inhaler, especially if you are about to be started on any new medicine.
- Keep all of your doctor's appointments so that your progress can be checked.
- Visit your Healthcare Professional (HCP) regularly to check that you are using Terrywhite Chemmart Salbutamol Inhaler in the right way. If you are not breathing the medicine in correctly, the medicine may not be helping you as much as it could.
- Talk to your Healthcare Professional (HCP) if you find it difficult to breathe in and press Terrywhite Chemmart Salbutamol Inhaler at the same time. It may be better for you to use something called a spacer device with Terrywhite Chemmart Salbutamol Inhaler. Your doctor or pharmacist will explain what this is and how to use it.
- If you change the make of spacer you use this may alter the amount of drug delivered to the lungs. You should let your doctor know if your asthma symptoms worsen.
- If your asthma worsens (for example you have frequent symptoms or flare ups such as breathlessness, cough, wheezing, tight chest, nighttime awakening or limited physical ability), you should tell your doctor who may start or increase a medicine to control your asthma such as an inhaled corticosteroid.

Call your doctor straight away if you:

- become pregnant while using this medicine.
- feel that your breathing suddenly becomes more difficult just after you have used your Terrywhite Chemmart Salbutamol Inhaler.
- feel that Terrywhite Chemmart Salbutamol Inhaler does not help your breathing as much as usual.
- feel that the effect of your Terrywhite Chemmart Salbutamol Inhaler does not last as long as usual, or lasts less than 3 hours.
- need more puffs of your Terrywhite Chemmart Salbutamol Inhaler to get relief.

Please see Section 6. Are there any side effects?for more instances in which you should contact your doctor.

Things you should not do

- Your Terrywhite Chemmart Salbutamol Inhaler is only for you. You should not give this medicine to anyone else, even if their symptoms seem similar to yours.
- Do not use your Terrywhite Chemmart Salbutamol Inhaler if the counter shows 0 or if the expiry date has passed. When the counter shows 0 you must dispose of your Terrywhite Chemmart Salbutamol Inhaler.
- Never try to alter the numbers on the counter. The counter cannot be reset and is permanently attached to the actuator.
- Do not use Terrywhite Chemmart Salbutamol Inhaler to treat any other complaints unless your doctor tells you to.

Driving or using machines

Terrywhite Chemmart Salbutamol Inhaler is not expected to have any effect on your ability to drive or use machines.

Action Plan

If you feel that Terrywhite Chemmart Salbutamol Inhaler is not having the same effect as before, this may be a sign that your chest condition is getting worse. Your doctor may decide to add another medicine to your treatment.

Looking after your medicine

- Straight after use, replace the mouthpiece cap firmly and click it into position.

Follow the instructions in the carton on how to take care of your medicine properly.

Store Terrywhite Chemmart Salbutamol Inhaler in a cool dry place away from moisture, heat, or sunlight where the temperature stays below 30˚C. Keep Terrywhite Chemmart Salbutamol Inhaler away from frost.

Do not store:

- in the bathroom or near a sink, or
- in the car or on window sills.
- in the refrigerator.

If Terrywhite Chemmart Salbutamol Inhaler becomes very cold, it may not work properly. To warm it, pull out the metal canister from its plastic holder and warm it in your hand for a few minutes. Do not warm the canister in any other way. Push the canister firmly back into its holder before using.

Keep it where young children cannot reach it.

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

WARNING: The metal canister is pressurised. Do not expose to temperatures higher than 50°C. Do not burn it or puncture it, even when it is empty.

When to discard your medicine

You will find an expiry (or use by) date on the label of the metal canister. Do not use your Terrywhite Chemmart Salbutamol Inhaler after this date.

You can recycle the plastic casing and cap of Terrywhite Chemmart Salbutamol Inhaler with other plastic items.

The plastic casing (actuator) is manufactured from polypropylene.

Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date or if the packaging is torn or shows signs of tampering.

6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

Do not be alarmed by the following list of side effects. You may not experience any of them.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.

Less serious side effects

Less serious side effects	What to do
Nervous system disorders: • headache • tremor (shakiness) • feelings of anxiety, restlessness or excitability • 'warm' feeling or flushing • restlessness in children **Respiratory, thoracic and mediastinal disorders:** • mouth or throat irritation **Musculoskeletal and connective tissue disorders:** • muscle cramps	**Speak to your doctor or pharmacist if you have any of these less serious side effects and they worry you.**

Serious side effects

Serious side effects	What to do

Allergic reactions:
• If you have any of the following symptoms after using Terrywhite Chemmart Salbutamol Inhaler, stop using this medicine and tell your doctor immediately.
• Symptoms of an allergic reaction usually include some or all of the following:
  ○ shortness of breath
  ○ wheezing, coughing or difficulty breathing
  ○ swelling of the face, lips/mouth, tongue, or throat
  ○ rash, itching, redness or hives on the skin
	Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.

○ suddenly feeling weak or light headed (may lead to loss of consciousness) **Cardiovascular disorders:** • irregular or fast heart beat • increased blood flow to extremities **Immediate breathing difficulties and wheezing:** • If your breathing or wheezing gets worse straight after using Terrywhite Chemmart Salbutamol Inhaler, stop using it immediately, and tell your doctor as soon as possible. **Metabolic and nutritional disorders:** • Changes in blood potassium levels. This can only be detected when your doctor conducts tests over time to monitor your progress. **Lactic acidosis:** • This often affects people who have severe kidney disease. • Symptoms of lactic acidosis include some or all of the following: ○ rapid breathing, shortness of breath even though there may be improvement in your wheezing ○ feeling cold ○ stomach pain, nausea and vomiting	

Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.

Other side effects not listed here may occur in some people.

Reporting side effects
After you have received medical advice for any side effects, you experience, you can report side effects to the Therapeutic Goods Administration online at www.tga.gov.au/reporting-problems. By reporting side effects, you can help provide more information on the safety of this medicine.

Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.

7. Product details

What Terrywhite Chemmart Salbutamol Inhaler contains

Active ingredient (main ingredient)	salbutamol sulfate
Other ingredients (inactive ingredients)	HFC-134a, a propellant
Potential allergens	Terrywhite Chemmart Salbutamol Inhaler contains no other additives

Do not take this medicine if you are allergic to any of these ingredients.

Each puff contains 100 micrograms of salbutamol (as sulfate). There are 200 puffs in each Terrywhite Chemmart Salbutamol Inhaler.

What Terrywhite Chemmart Salbutamol Inhaler looks like

Terrywhite Chemmart Salbutamol Inhaler (AUST R 474110) consists of a plastic casing which contains a small metal canister. The casing has a mouthpiece which is covered by a cap.

The actuator has a counter attached to show how many puffs of medicine you have left. The number of puffs left will show through a window in the front of the plastic casing. The dose counter counts every dose but shows the number at intervals of 20. Thus, as the inhaler is used, the dose counter will count down and show the numbers 200, 180, 160, 140, 120,100, 80, 60, 40, 20 and 0.

Who distributes Terrywhite Chemmart Salbutamol Inhaler

TerryWhite Chemmart® pharmacies
PBA Wholesale Pty Ltd
Ground Floor, 50 Park Road,
Milton, Queensland 4064 Australia
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