

Children's Services

Salbutamol Reducing Regimen (adolescents)

Dose instructions and information for adolescents

Date of discharge: _____

Medication: **Salbutamol 100
micrograms per metered dose
inhaler and spacer**

Name:

Hospital no.:

Date of birth:

Salbutamol is a “reliever” medicine given using a blue inhaler. It helps the airways to open up and so relieves (eases) the symptoms of wheezing.

When you are discharged home, you should use reliever medication regularly to prevent you from becoming unwell again.





The dose of salbutamol should be decreased gradually each day.
Take all doses using your spacer device.

Today/tomorrow:	10 (TEN) puffs every 4 hours, then
Date:	8 (EIGHT) puffs every 6 hours for 1 day,
Date:	6 (SIX) puffs every 8 hours for 1 day,
Date:	4 (FOUR) puffs every 12 hours for 1 day,
then take TWO to FOUR puffs when required.	



Wheeze Action Plan

Please make an appointment to see your GP if you do not improve as expected, or follow the advice below:

If you are...	What you should do
 <p>Generally, well with occasional symptoms of wheeze, cough, shortness of breath</p>	<p>Take TWO to FOUR puffs of the salbutamol inhaler when needed to relieve symptoms.</p>
 <p>Unwell e.g. have a cold with wheeze / cough / shortness of breath.</p>	<p>Take FOUR to SIX puffs of the salbutamol inhaler regularly every 4 hours then reduce this gradually as symptoms improve.</p> <p>If you need this for more than 1 or 2 days or need the inhaler more often than every 4 hours, see a GP.</p>
 <p>Have severe symptoms e.g. breathless, unable to speak in full sentences, breathing hard and fast</p>	<p>Take TEN puffs of the salbutamol inhaler.</p> <p>Seek GP advice or follow the information above if symptoms improve.</p> <p>If there is no improvement, follow the next step.</p>
 <p>Not improving Breathless, has blue lips, is tired or floppy, and not responding to salbutamol inhaler</p>	<p>Call 999 for an ambulance or get somebody to do this for you.</p> <p>Take TEN puffs of the salbutamol inhaler using the spacer every 15 minutes until the ambulance arrives.</p>

Patient Information

Preventer medicines

Take these every day, even when you feel well:

Further Information

Useful contact numbers:

NHS non-emergency number: 111

Emergency number: 999

Your GP telephone number:

If you have any other questions or need further information, please call the Children's Department on 024 7696 6921.



The Trust has access to interpreting and translation services. If you need this information in another language or format please ask and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Patient Information

Did we get it right?

We would like you to tell us what you think about our services. This helps us to make further improvements and to recognise members of staff who provide a good service.



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www.uhcw.nhs.uk/feedback

Document History

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