

## Children's Services

# Salbutamol Reducing Regimen

## Dose instructions and information for Parents/Carers

Date of discharge: \_\_\_\_\_

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

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 your child is discharged home, they should use reliever medication regularly to prevent them becoming unwell again.

The dose of salbutamol should be decreased gradually each day.  
Give all doses via the spacer device provided.

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



## Wheeze Action Plan

If your child is...	What you should do
 <p><b>Generally well</b> with occasional symptoms of wheeze, cough, shortness of breath</p>	<p>Give TWO to FOUR puffs of the salbutamol inhaler when needed to relieve symptoms.</p>
 <p><b>Unwell</b> e.g. has a cold with wheeze / cough / shortness of breath.</p>	<p>Give FOUR to SIX puffs of the salbutamol inhaler regularly every 4 hours then reduce this gradually as symptoms improve.</p> <p>If your child needs this for more than 1 or 2 days, or needs the inhaler more often than every 4 hours, see a GP.</p>
 <p><b>Has severe symptoms</b> e.g. breathless, unable to speak in full sentences, breathing hard and fast</p>	<p>Give 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><b>Is not improving</b> Breathless, has blue lips, is tired or floppy, and is not responding to salbutamol inhaler</p>	<p>Call 999 for an ambulance.</p> <p>Give TEN puffs of the salbutamol inhaler using the spacer every 15 minutes until the ambulance arrives.</p>

## Preventer medicines

Give these every day, even when your child is well:

## Patient Information

### 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.

To give feedback on this leaflet, please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk).

#### Document History

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