How to Use Your Ventolin® HFA (albuterol) inhaler

What is my prescription? | Special Instructions
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If rescue medication is needed more than 2 times a week, call your doctor.

What can I expect while I take this medication?
Ventolin® HFA is a quick-relief (rescue) inhaler. It relaxes the muscles around your airways to prevent or treat bronchospasm. Ventolin® HFA will work within minutes and make breathing easier. After you take your medicine you might feel jittery.

How and when to prime your Ventolin® HFA:
Prime inhaler if new or has not been used in 2 weeks.
Remove cap, shake inhaler for 5 seconds, and spray it once away from you, repeat for a total of 3 sprays.

How to use your Ventolin® HFA:
1. Remove Ventolin®HFA cap. Place middle or index finger on top of canister and thumb underneath the mouthpiece of the inhaler.
2. Shake inhaler for 5-10 seconds.
4. Put the mouthpiece in your mouth and close your lips around it.
5. Push the top of the canister all the way down while breathe in deeply and slowly through your mouth.
6. Press canister one time to release medication and continue to breathe in slowly until lungs are full (do not breathe out).
7. Hold your breath for 5-10 seconds, and then breathe out.
8. If your physician has prescribed more than one dose (puff), wait 30 seconds and repeat above.
9. Put the cap back on.

**How to clean your Ventolin® HFA:**

Clean 1 time per week after your evening dose to prevent medicine from building up and blocking the spray.

1. Remove the cap.
2. Use a clean, dry swab to clean the small circular opening where the medicine sprays out of the canister.
3. Wipe the inside of the mouthpiece with a clean tissue.
4. Put the cap back over the mouthpiece.

**How to use a Spacer:** If recommended for use with your inhaler.

1. Remove mouthpiece cap from your inhaler and shake inhaler for 5-10 seconds.
2. Attach inhaler to spacer and then remove mouthpiece cap from spacer.
3. Hold spacer with the inhaler canister upright.
5. Tilt head back slightly and put spacer to mouth and close lips around the mouthpiece (tongue and teeth should not block the mouthpiece opening).
6. Release medicine into spacer; squeeze down canister one time.
7. Breathe the medication slowly and steadily. Continue to breathe in deeply until lungs are full (do not breathe out).
8. Hold your breath for 5-10 seconds, and then breathe out. (Repeat as directed)

Ventolin® HFA is used to treat sudden symptoms of your health condition. Always carry your rescue inhaler with you.

To learn more about your health condition visit:  
http://www.med.umich.edu/careguides

To learn more about the Ventolin® HFA (albuterol) inhaler visit:  
www.ventolin.com

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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