

Reducing Salbutamol (Blue Inhaler) When Going Home

Step 1.

- Take 6 puffs of salbutamol, using a spacer every 4 hours
- Do this for 24 hours then move to step 2
- **Even if your child is sleeping and breathing comfortably over night, they must continue to take their inhaler every 4 hours**
- If your child was admitted due to their asthma, it is recommended that they are reviewed by a GP or Practice Nurse within 48 hours of discharge. Please contact your GP surgery to arrange this.



Step 2.

- Take 4 puffs of salbutamol, using a spacer every 4 hours
- Do this for 48 hours then move to step 3



Step 3.

- You should now be back in the green zone of your asthma management plan and should use your salbutamol when needed and **before exposure to any of your triggers**
- If applicable continue to manage your asthma by using your personalised asthma action plan

Please note

- If your child is unable to progress through the steps or they are requiring 10 puffs of their salbutamol more than every 4 hours, you **MUST** seek further medical advice. If in doubt, contact your GP or dial **999**.

ASTHMA CAN BE FATAL

Administering the inhaler via a spacer WITH a mask:

Shake the inhaler and place the spacer on your child's face.

Put 1 puff in the spacer and count for 10 seconds.

Repeat this for each puff, remembering to shake the inhaler in-between and wait 30 seconds between puffs.



Administering the inhaler via a spacer WITHOUT a mask:

Shake the inhaler and place the mouthpiece between your child's teeth and lips.

Put 1 puff in the spacer and get your child to breathe in and out of the mouthpiece five times.

Repeat this for each puff, remembering to shake the inhaler in-between and wait 30 seconds between puffs.



Patient Experience Team

The team are available to help with any concerns/complaints you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email.

The contact details are:

Telephone: 01302 642764 or 0800 028 8059

Email: dbth.pals.dbh@nhs.net