



Albuterol Inhaler by Mouthpiece

(Proventil or Ventolin)



What is it?

The albuterol inhaler is your **rescue medicine**. It works to relax muscles in your breathing tubes to make it easier to breathe.

When is it used?

Use your inhaler when you have symptoms and/or peak flow numbers in the **yellow** or **red** zones. Sometimes you may be told to use it before exercise

How do I use it?

1. **Get your spacer**
2. **Shake** your inhaler well
3. **Remove** the mouthpiece cap
4. **Put** the mouthpiece of your inhaler into the hole on the flat part of the spacer
5. **Hold** the spacer and inhaler together and shake well
6. **Hold** the inhaler upright and **close** your lips around the mouthpiece of the spacer
7. **Breathe out** through your mouth
8. **Press down** on the top of the inhaler & **breathe in** deep and slow
9. **Hold your breath** as long as you can or count to at least 10!
10. **Repeat** steps 3-6 for each puff prescribed by your Doctor
11. **Wait** 30 seconds to a minute in between each puff



What are the common side effects?

- Tremors
- Nervousness
- Headaches
- Dizziness
- Unable to sleep
- Nausea
- Vomiting