

# ASMOL CFC-FREE INHALER (with counter)

Salbutamol sulfate

## Consumer Medicine Information

### What is in this leaflet?

Read this leaflet carefully before you use your medicine.

This leaflet does not have the complete information about your medicine. If you have any questions about your medicine, you should ask your doctor or pharmacist (also known as a chemist).

All medicines have some risks. Sometimes new risks are found even when a medicine has been used for many years.

If there is anything you do not understand, ask your doctor or pharmacist. If you want more information, ask your doctor or pharmacist.

This medicine is only one part of a general plan to help you manage your asthma or other chest condition. You should discuss this plan with your doctor. Ask your doctor to check your treatment regularly.

**Keep this leaflet with the medicine.**

You may need to read it again.

### What is the name of my medicine?

The name of your medicine is ASMOL Inhaler. You may know it better as a 'puffer'.

### What is my ASMOL puffer used for?

Your ASMOL puffer helps you to breathe more easily. When your chest is tight or when you are wheezing, ASMOL opens up the breathing tubes in your lungs. Your medicine is known as a bronchodilator. Because your ASMOL puffer gives fast relief from your chest symptoms, it is often called a 'reliever'.

Some people start wheezing or their chest starts to feel tight when they exercise. This is called exercise-induced asthma. If you have exercise-induced asthma, your doctor may tell you to take one or two puffs of your ASMOL puffer before you exercise. This can help to prevent the symptoms of exercise-induced asthma.

### Before you take your ASMOL puffer

#### **Do not take:**

- if you have ever had an allergic reaction to salbutamol sulfate or any of the ingredients listed toward the end of this leaflet
- to stop a miscarriage or premature labour
- if the expiry date (EXP) printed on the pack has passed
- if the packaging is torn or shows signs of tampering.

### **Tell your doctor if:**

You must tell your doctor:

- the names of any other medicines you are already taking, including those from the pharmacy and supermarket
- if you have had to stop taking this or any other asthma medicine
- if you are allergic to any medicine
- if you are having treatment for a thyroid problem
- if you are having treatment for high blood pressure
- if you have, or have had, a heart problem
- if you have, or have had, a liver problem
- if you have, or have had, a kidney problem
- if you have sugar diabetes
- if you are breastfeeding, pregnant or trying to become pregnant.

### How do I use my ASMOL puffer?

You will find the instructions on how to use your ASMOL puffer in the leaflet provided in the carton. Follow the instructions carefully.

#### **Testing your puffer**

If your ASMOL puffer is new and you have not used it before, release four puffs into the air until the counter reads 200 to make sure that it works. If you have not used it for 5

days or more, or, if you drop the puffer, shake it well and release two puffs into the air to make sure that it works. Each time the puffer is activated, the number on the counter will count down by one. In some cases dropping the puffer may cause the counter to count down.

### **How much to take**

The pharmacist's label will usually tell you how many puffs to take and how often to use your ASMOL puffer. If you are not sure, ask your doctor or pharmacist.

Adults and Children: As required, one or two puffs, repeated four-hourly.

Initial doses in the elderly may be lower than the recommended adult dose.

Your doctor may tell you to take extra puffs of your ASMOL puffer if your chest condition suddenly gets worse. If you take extra puffs and do not get relief, tell your doctor immediately.

You should visit your doctor or pharmacist regularly to check that you are using your ASMOL puffer in the right way. If you are not breathing the medicine in correctly, the medicine may not be helping you as much as it could.

If you find it difficult to breathe in and press your ASMOL puffer at the same time, talk to your doctor or pharmacist. It may be better for you to use something called a spacer device with your ASMOL puffer. Your doctor or pharmacist will explain what this is and how to use it.

If you change the make of spacer you use this may alter the amount of drug delivered to the lungs. You should let your doctor know if your asthma symptoms worsen.

If you forget to take a dose, do not worry. Just take the next dose at the normal time or earlier if you become wheezy or feel tight in the chest.

### **Cleaning your puffer**

Your ASMOL puffer should be cleaned at least once a week. To do so:

1. Remove the metal canister and dose counter from the plastic casing (actuator) of the puffer and remove the mouthpiece cover
2. Rinse the actuator thoroughly under warm running water
3. Dry the actuator thoroughly inside and out
4. Replace the metal canister and the mouthpiece cover.

**DO NOT PUT THE METAL CANISTER IN WATER.**

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### **While you are taking your ASMOL puffer**

**IMPORTANT:** If your breathing suddenly becomes more difficult just after you have used your ASMOL puffer, tell your doctor immediately.

Tell your doctor as soon as possible if:

- your ASMOL puffer does not help your breathing as much as usual
- the effect of your ASMOL puffer does not last as long as usual, or lasts less than 3 hours
- you need more puffs of your ASMOL puffer to get relief.

**These may be signs that your chest condition is getting worse.**

Your doctor may decide to add another medicine to your treatment if your ASMOL puffer is not having the same effect as before.

### **Things you must not do**

Your ASMOL puffer is only for you. You should not give this medicine to anyone else, even if their symptoms seem similar to yours.

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### **What are the side effects?**

Like all other medicines, your ASMOL puffer may cause some side effects. Most of the side effects will be minor and temporary, but some may be serious. Your doctor or pharmacist will be able to answer any questions you may have.

If you have any of the following side effects, tell your doctor or pharmacist but do not stop using your ASMOL puffer.

If you have an allergic reaction, for example, skin rash, angioedema (sudden swelling under the skin), or a faint or dizzy feeling, you should stop using your ASMOL puffer and tell your doctor or pharmacist immediately.

Common side-effects:

- headache
- nausea
- shaky or tense feeling
- irregular or fast heart beat
- 'warm' feeling
- mouth or throat irritation.

Rare side-effects:

- muscle cramps
- restlessness in children.

In a few people, the medicine in ASMOL puffer may decrease blood potassium levels. Your doctor may do tests to check this.

If you have any other problems after using your ASMOL puffer, tell your doctor or pharmacist.

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### **What if I take too many puffs of my ASMOL puffer?**

You should not take more than the number of puffs that you have been told. If you accidentally take more than recommended, you may notice that your heart is beating faster than usual, and that you feel shaky. You may also have a headache. You

should contact your nearest hospital or doctor without delay.

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## How do I store my ASMOL puffer?

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Straight after use, replace the mouthpiece cover firmly and click it into position.

Keep your ASMOL puffer in a place where children cannot reach it.

Keep your ASMOL puffer away from frost. Do not put it in the refrigerator.

Keep your ASMOL puffer away from bright sunlight.

Keep your ASMOL puffer away from heat (store below 30°C). Do not leave it in the car on hot days.

If your ASMOL puffer becomes very cold, it may not work properly. To warm it, pull out the metal can from its plastic holder and warm it in your hand for a few minutes. Do not warm the can in any other way. Push the can firmly back into its holder before using.

**WARNING:** The metal can is pressurised. Do not expose to temperatures higher than 50°C. Do not burn it or puncture it, even when it is empty.

You will find an expiry (or use by) date on the label of the metal can. Do not use your ASMOL puffer after this date.

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## Are there different types of asthma puffers?

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Yes. ASMOL puffer is called a 'reliever' puffer. There are other types of puffers that prevent wheezing or chest tightness. These puffers are called 'preventer' puffers and must be used every day. Your doctor may tell you to use a 'preventer' puffer in addition to your ASMOL puffer.

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## Is there anything else I should know about my ASMOL puffer?

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You can recycle the plastic holder and cap of your ASMOL puffer with other plastic things.

If you have any other questions, ask your doctor or pharmacist.

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## Product Description

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ASMOL Inhaler consists of a plastic casing which contains a small metal canister. The casing has a mouthpiece which is covered by a cap.

The canister has a counter attached to show how many puffs of medicine you have left. The number of puffs left will show through a window in the back of the plastic casing. Each time the canister is pressed a puff of the medicine is released and the counter will count down by one.

In certain circumstances dropping the puffer may cause the counter to count on.

You should consider getting a replacement when the counter shows the number 020.

Do not use your ASMOL puffer if the counter shows 000. When the counter shows 000 you must dispose of your ASMOL puffer.

Never try to alter the numbers on the counter or detach the counter from the metal canister. The counter cannot be reset and is permanently attached to the canister.

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## Ingredients

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The medicine in your ASMOL puffer is called salbutamol sulfate. Each puff contains 100 micrograms of salbutamol (as sulfate). There are 200 puffs in each ASMOL puffer.

Your ASMOL puffer also contains HFA-134a, a propellant. It has no other additives.

## Supplier

Your ASMOL Inhaler is supplied by:  
Alphapharm Pty Ltd trading as  
Viatrix  
Level 1, 30 The Bond  
30-34 Hickson Road  
Millers Point NSW 2000  
www.viatrix.com.au  
Phone: 1800 274 276

ASMOL Inhaler (CFC-free) (with counter) 100 micrograms per metered dose salbutamol, as sulfate (AUST R 335970)

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