



BRONCHODILATORS

Bronchodilators are medicines used to treat asthma or other breathing problems. These medicines relax the muscles in and around the airway and make the airway wider and easier to move air through.

Bronchodilators are most often taken by metered dose inhaler or nebulizer. However, some come in tablet, capsule, or liquid form.

COMMON BRAND NAMES INCLUDE:

- Proventil®
- Tornalate®
- Ventolin®
- Maxair®
- Alupent®
- Metaprel®

REMEMBER:

- **DO NOT GIVE THIS MEDICINE MORE OFTEN THAN EVERY FOUR HOURS.**
- Inhaled bronchodilators, are often referred to as reliever medicines, and help to reverse or relieve the symptoms of an asthma episode and can help prevent asthma symptoms that are triggered by exercise.
- If your child is using a metered dose inhaler, he or she must also use a spacer. This is a device that helps make MDIs (Metered Dose Inhalers) easier to use. For more information please ask your child's doctor.
- Your child may use an inhaler or a nebulizer to take this medicine. As long as your child uses the inhaler the right way, he/she should get an effect equal to that from a nebulizer treatment. Your child should use a "spacer" such as an Aerochamber® or Inspirease® to help make the inhaler easier to use.
- If your child is using the inhaler form of this medicine, he/she should wait at least one or two minutes between the first "puff" of this medicine and the second "puff".
- If your child also takes Intal®, Tilade®, or inhaled steroid medications (controller medicines) and is due for a dose of both medicines at the same time, **always give the bronchodilator (reliever medicine) first** and then wait about 10 minutes before giving the other medication.
- If your child is using this medicine to prevent asthma symptoms caused by exercise, it is best if he/she uses this medicine 15-20 minutes **BEFORE** exercise or starting PE/gym class.

POSSIBLE SIDE EFFECTS:

- Fast or Pounding Heart Beat
- Dizziness
- Tremor
- Restlessness
- Headache
- Nausea/vomiting

* Side effects are less common when this medicine is inhaled then when it is taken by mouth.

FOOD AND MEDICINE INTERACTIONS:

Avoid large amounts of foods or drinks containing caffeine such as tea, coffee, colas, chocolate and cocoa.

WHAT TO DO IF YOU FORGET A DOSE:

- If you miss a dose but remember within an hour of the dose missed, give the medicine right away. Then go back to the regular time schedule.
- If you remember later than one hour after the missed dose, do not give the dose. Stay with your regular schedule. **NEVER DOUBLE THE DOSE!**

WHAT TO DO IF A DOSE IS VOMITED:

If your child vomits within 20 minutes after you give the medicine, wait 20-30 minutes and give the same dose one more time. If your child vomits again within 20 minutes of taking the medicine, call your child's doctor or the clinic.

WHEN TO CALL YOUR CHILD'S DOCTOR:

- If this medicine does not help your child's breathing problem.
- If you feel that your child needs this medicine more often than every four hours.

OTHER INFORMATION AND SAFETY TIPS:

- **DO NOT** give the liquid for the nebulizer by mouth. It is not to be swallowed.
- Smoking while your child is taking this medicine will make the wheezing harder to control. Your child should not smoke and there should be no smoking indoors or in the family car at any time.