

## Change from Ventolin® to Salamol® MDI

### Q. Why is my reliever inhaler changing?

A. For environmental reasons the NHS is encouraging everyone to switch to greener, lower carbon inhalers. The change is not cost-related.

### Q. What are the different types of inhaler?

A. **Metered dose inhalers [MDIs]** use propellants that add to global warming and the NHS's carbon footprint. **Dry powder inhalers [DPIs]** do not contain propellants and are more environmentally friendly. They are breath-actuated though, which means you need to be able to breathe in strongly to inhale the powder. Some people may find this hard to do. A **soft mist inhaler (SMI)** is a device which changes a liquid medicine into a mist that can be inhaled. They do not contain propellants and are more environmentally friendly.

### Q. What is the difference between my usual reliever Salbutamol [Ventolin®] inhaler and the new Salbutamol [Salamol®] inhaler?

A. Both brands are metered dose inhalers [MDIs] and contain propellants. Both inhalers contain 200 doses and have the same amount of salbutamol [100micrograms] in each puff. Each puff of Ventolin® contains a lot more propellant. Changing to a smaller volume metered dose inhaler, such as Salamol®, means a lot less of the harmful propellant is released into the environment.

When you take a dose of Ventolin® you may experience a taste/sensation of the powder in your mouth or throat. Because the volume of the dose is less with Salamol® this may not be the case but be reassured that, if your inhalation technique is good, the drug will have entered your lungs and will have the same bronchodilator effect as a dose of Ventolin®.

### Q. Will the drug/medicine and dose of my new inhaler be the same?

A. Yes, the medicine and the dose you take is the same: salbutamol 100micrograms per dose.

### Q. When can I use my reliever inhaler?

A. You can take your reliever inhaler only when you need to if any of these things happen:

- You're wheezing
- You're finding it hard to breathe
- Your chest feels tight
- You're coughing

### Q. Will there be other changes to my treatment?

A. It is very important that you attend your next routine respiratory [asthma / COPD] review with your practice nurse / pharmacist / community pharmacist.

It is important for us to review your medication, at least annually, to ensure that you are on the best possible treatment for your condition whilst also considering the green inhaler agenda.

More information about this is available at: <https://greeninhaler.org/>

### Q. What spacer device can I use with my Salamol® inhaler?

A. Salamol® inhaler may be used with several different spacer devices by patients who have difficulties with inhaler technique including Volumatic®, Aero Chamber Plus® & with Flow-Vu® antistatic device, Space Chamber Plus®, Compact Space Chamber Plus®.

### Q. How should I dispose of my inhalers?

A. Please don't put your inhaler in **domestic recycling** – it will not be recycled.

Please return your unwanted or empty inhalers to your local pharmacy for disposal. The inhaler will be **incinerated in medical waste**, which is a surprisingly good way to dispose of them.

### Q. How do I use my inhaler?

A. Rightbreathe, has a video to help you check and improve your inhaler technique at <https://www.rightbreathe.com/medicines/salamol-100microgramsdose-inhaler-cfc-free-teva-uk-ltd-200-dose/?s>. Select 'Training Material' on the top ribbon.

Videos are also available on the Asthma.org website to help you check and improve your inhaler technique at: <https://www.asthma.org.uk/advice/inhaler-videos/>