

Reducing salbutamol puffs when going home

step 1

- Take 10 puffs of salbutamol, using a spacer every 4 hours (shake the inhaler, put 1 puff in the spacer and take 4 to 5 normal rate breaths or breathe for a count of 10 for each puff)
- Do this for 36 hours then start to step down this plan
- If your child is sleeping and breathing comfortably overnight, there is no need to wake them up to give them their inhaler

step 2

- Take 6 puffs of salbutamol, using a spacer as above, every 4 hours for 36 hours

step 3

- Take 2 to 4 puffs of salbutamol, using a spacer as above, every 4 hours for 36 hours

step 4

- 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**
- Continue to manage your asthma by using your personal asthma management plan

Please note:

If your child is unable to progress through the steps or if they are requiring 10 puffs of their salbutamol more than every 4 hours, you must seek further medical advice.