

# How to reduce the blue inhaler safely after an asthma attack



**When you get home:**

- give your child **6 puffs** of their reliever (blue) inhaler via a spacer 4 hours after their last dose was given in hospital
- keep giving their usual **preventer inhaler**
- If they are 8 years or older, do twice daily **peak flow readings**

- Your child has just got home from hospital

**When your child has symptoms (cough, wheeze, shortness of breath, chest tightness):**

- Take **2 puffs** of the blue inhaler via a spacer, one at a time .
- After 5-10 minutes, if they still have symptoms, take another 2 puffs and repeat this up to a **total of 6 puffs**, if needed

- Your child is getting better and you do not need to follow a time schedule like you did in hospital.
- Instead give the blue inhaler when your child has symptoms or their peak flow is dropping

- Keep checking for **symptoms**
- Keep checking their **peak flow**
- Keep giving the **blue inhaler** only when needed

- Your child should be:
- Feeling better.
- Using their blue inhaler less often than every 4 hours
- Needing their blue inhaler less and less

**Your child should have:**

- a post-attack review with either their GP or asthma nurse **within 48 hours**.
- a full asthma review arranged either with their GP or asthma team within **the next 4 weeks** :

- After 2-3 days, your child should be back in the green zone of their asthma plan

**What if my child isn't getting better?**

If your child:

- still has symptoms after 6 puffs of the blue inhaler OR
- needs the blue inhaler more than every four hours

they are not getting better, and you need to take action now:

1. Give up to 10 puffs of the blue inhaler via spacer, 1 puff at a time every 4 hours if needed

AND

2. Arrange an urgent review with their doctor within the next 24 hours

If your child is having difficulty breathing not relieved by 10 puffs of salbutamol or are requiring 10 puffs more often than every 4 hours, **you should call 999**

## How to use a peak flow meter

Peak flow readings are usually reliable from the age of 8 years

- Stand up or sit up straight
- Check that the red arrow on the peak flow meter is on zero
- Take a deep breath in filling the lungs with air
- Place the mouthpiece between your teeth and lips and blow hard and fast into the device (a single blow) – like blowing out candles on a birthday cake
- Note the number next to the arrow – this is your peak flow
- Push the arrow back to zero and take a few normal breaths
- Repeat twice more
- Record your highest blow
- The 3 blows should be about the same



Scan here to see a video on how to take a peak flow reading:



## Average Expected Peak Flow Readings

Patient Height (cm)	Expected PEFR (litres/min)
110	150
120	200
130	250
140	300
150	350
160	400
170	450