



SALMETEROL

sal-me-ter-ol

What does it do?

Salmeterol opens narrowed airways in the lungs. It helps to prevent asthma symptoms and breathing problems.

Before you start

- Tell your doctor if you have heart problems or high blood pressure.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you use it?

Inhale *salmeterol* as directed by your healthcare professional.

Salmeterol works best when used every day.

If you need quick relief from asthma symptoms or breathing problems, use your 'reliever' medicine (e.g. salbutamol, terbutaline, ipratropium).

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and inhale your next dose at the usual time. Otherwise, inhale the missed dose as soon as you remember. Do not inhale two doses at the same time.

Can you take other medicines?

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Fast or irregular heartbeat, chest pain	Tell your doctor
Tremor, muscle cramps Headache, dizziness Nervousness, trouble sleeping Dry mouth, hoarse voice, unpleasant taste, cough	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- Some people with asthma may get short of breath after taking certain pain-relieving medicines such as aspirin (e.g. *Aspec*®), diclofenac (e.g. *Voltaren*®) or ibuprofen (e.g. *Nurofen*®). Talk to your healthcare professional.
- If you have asthma, *salmeterol* must be used with another 'preventer' (e.g. beclometasone, budesonide or fluticasone).
- The use of inhalers can sometimes make breathing worse. Discuss this with your healthcare professional.