



# Taking Inhaled Bronchodilators for Asthma

## Quick Relief Medication

A **bronchodilator** (*Bron-co-di-la-tor*) relaxes tight muscles around the airways so you can breathe easier.

**Some quick relief bronchodilators include:**

Albuterol, Ventolin, Proventil, Xopenex, and Proair.

## A bronchodilator may be used

- To treat serious symptoms of asthma
- Before exercise to prevent symptoms

**If using an inhaler always use a spacer.**



## Use your bronchodilator

- When having symptoms of an asthma attack, such as wheezing, coughing, or shortness of breath
- Only as your doctor prescribes

**Do not take more medication than your doctor tells you to take.**

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## Possible side effects

- Shaking or trembling
- Difficulty sleeping
- Feeling restless or nervous
- A fast heartbeat or pounding chest
- Upset stomach and throwing up
- Strange or bad aftertaste

## Call your doctor or nurse if:

- Your symptoms get worse or do not improve
- You use your inhaler more than prescribed
- Symptoms do not stop for at least 4 hours between doses
- You have questions or concerns

## Do not run out of medication

- Keep a watch on the number of doses left in your inhaler.
- **When you have used about half of the doses, call to get a refill.**

**For questions and resources, call 1 (833) 327-8462.  
[www.SouthSideKidsAsthma.org](http://www.SouthSideKidsAsthma.org)**