FAIRVIEW PHARMACY — EST. 1978

Using albuterol safely

albuterol sulfate HFA inhaler · quick-relief, ages 4 and up

3 MISTAKES TO AVOID

1. **Not using it the right way**
   For symptoms: 2 puffs every 4-6 hours. Before exercise: 2 puffs 15-30 minutes ahead.
2. **Brushing off needing it more**
   Needing it more can mean asthma is getting worse. Call your doctor, don't just use more.
3. **Not sharing your full medicine list**
   Beta blockers, water pills, digoxin, and some antidepressants can interact.

How to use it

- **For sudden symptoms:** 2 inhalations every 4-6 hours. Some people only need 1 every 4 hours.
- **Before exercise:** 2 inhalations 15-30 minutes ahead.
- **Prime it:** before the first use, after 2 weeks unused, or if dropped. Spray 4 times into the air, shaking well first.
- **Clean it:** wash the mouthpiece with warm water once a week and let it air dry.

Brushing off needing it more (mistake #2)

- Needing more puffs, or it working less well, can mean your asthma is getting worse, not a reason to use more on your own.
- **Call your doctor right away.** Never use more than your prescribed dose; too much can be fatal.
- Albuterol doesn't replace a daily controller medicine, like an inhaled steroid, if one is prescribed.

Share your full medicine list

- Beta blockers, water pills, digoxin, and antidepressants (MAO inhibitors or tricyclics) can interact.
- Also mention heart problems, high blood pressure, seizures, thyroid problems, diabetes, low potassium, or pregnancy.

Side effects

- Shakiness, a fast or pounding heartbeat, nervousness, sore throat, or muscle aches are usually mild.
- Call your doctor if wheezing or trouble breathing gets worse over a few hours or days, even between puffs.

EMERGENCY: CALL 911
Trouble breathing that worsens right after a puff, or a rash, hives, or swelling of the face, mouth, or tongue: get medical help right away.

Good to know

While you're using albuterol, use other inhaled or asthma medicines only as your provider directs.

Questions? Ask Dr. Mike at fairviewpharm.com/medications

Leave a message: 601-640-4671 · 500 Katie Ave, Hattiesburg, MS

Medically reviewed by Dr. Mike Acheampong, Pharmacist, Fairview Pharmacy · October 2026

This handout is for education only and is not medical advice. Talk with your doctor or pharmacist about your medicines.
Source: FDA prescribing information and Patient Information for VENTOLIN HFA (rev. 4/2024). VENTOLIN is a trademark of its owner.

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