



Our vision is to **lead** and **inspire** through **excellence**,
compassion and **expertise** in all that we do.



Dear Patient,

Re: Changes to Salbutamol Inhalers

As part of our practice commitment to provide excellent care and protect our planet, we are reviewing the prescriptions for some inhalers.

This affects your reliever (blue) inhaler, which you use only when you have symptoms. You may know it as your salbutamol inhaler, or by the brand-name Ventolin. Your pharmacy may dispense a salbutamol inhaler with a different brand name.

Why are we changing these inhalers?

Your reliever (blue) inhaler is a metered dose inhaler, which contains a propellant gas in the canister which is a powerful greenhouse gas that contributes to climate change. The propellants used in inhalers make up 5% of the carbon emissions the NHS generates each year. The NHS is therefore reviewing the use of inhalers to ensure we are using the inhalers that are least harmful to the planet (green), whilst ensuring they are equally as effective for treating your asthma.

Salamol is a greener alternative to Ventolin, both contain the same drug at the same dose but a Salamol CFC free inhaler creates about one third of the carbon emissions compared with your previous inhaler and research shows it is equally as effective as Ventolin, if used correctly.

Greener Practice - Do you use a reliever (Blue) Inhaler?

Salamol has a lower carbon footprint than Ventolin because it contains less propellant gas. In order to reduce the carbon footprint of our patients' salbutamol inhalers we are changing the prescription to Salamol. This will not affect your asthma care. You may however notice a change in the taste of the inhaler. This is normal.

What else can I do to help the environment?

Make sure your asthma is well controlled and you know how to use your inhaler. Having well-controlled asthma is the best thing you can do for yourself and the planet. If you have asthma and are using 3 or more reliever inhalers a year, this may suggest your asthma is not well controlled. Please speak to your GP practice to book an asthma review.

Return used inhalers to the pharmacy so they can be disposed of in an environmentally safe way.

Speak to your health care professional to ask if you are suitable for a dry powder inhaler. These inhalers do not contain any greenhouse gases and so have a much lower carbon footprint.



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How will your prescription change?

The World Health Organisation has said that climate change is the greatest risk to health in the 21st century. We want to prescribe inhalers that release less greenhouse gases, to reduce the impact on climate change.

From now on, all prescriptions we issue for blue reliever inhalers will be for the lower carbon footprint Salamol inhaler (Salamol CFC-Free Inhaler 100microgram/ dose).

Please visit this website which provides further information on why reduced quantities of Salbutamol inhalers may be prescribed.

[Changes to inhaler prescriptions: what they might mean - Asthma + Lung UK Blog](#)

What do you need to do?

It is really important that you use your inhaler correctly to achieve the best effect. The Salamol CFC free inhaler requires a slow and steady breath, (rather than a sharp quick breath) to achieve the maximum dose into your lungs. Because Salamol contains less propellant than Ventolin, you may notice that you don't feel the 'spray' of the inhaler as much. This is completely normal and providing you do a steady and slow inhale; the medicine will work effectively. Some people notice a change in the taste of the inhaler and this is normal.

Using a spacer device will help to ensure the medication is delivered to your lungs effectively. If you find your new inhaler does not quite fit your current spacer, please contact our practice medicines management team who will arrange for a prescription for a new spacer. See below for a video demonstrating how to use your inhaler:

[How to use a pMDI inhaler](#)

The best way to protect you and control your asthma, together with protecting the environment, is to get your inhaler regime right. Good control of asthma should mean you do not have to use your reliever very often.

If you are using your rescue inhaler (blue in colour) more than 3 x a week (using more than 1 inhaler per month) it is a sign your asthma is not well controlled. Please contact the practice to arrange an Asthma review if this applies to you. Additional information on using the 'wrong inhaler' to manage your Asthma can be found here One million people in UK at risk of asthma attack because they could be relying on 'wrong inhaler'. [Learn more on the Asthma and Lung UK website](#)

Kind Regards

GP Practice Team