



# STAYING ACTIVE WITH EIB

(exercise-induced  
bronchospasm)

Please see Important  
Safety Information inside  
and accompanying full  
Prescribing Information.

**ProAir<sup>®</sup> HFA**  
*(albuterol sulfate)*  
*Inhalation Aerosol*

***The difference is in the design***



## What is EIB?

Exercise-induced bronchospasm, or EIB, is something that happens during and after exercise. After you've been exercising for at least 5 minutes, the tubes in your lungs get smaller due to the loss of heat, water, or both<sup>1,2</sup>. You may notice coughing, wheezing, and/or chest tightness or pain.<sup>1,2</sup> While many people with asthma have EIB,<sup>1</sup> you don't have to have asthma to have EIB.<sup>3</sup>

Although EIB can occur at any time of the year, symptoms tend to get worse in cold weather. People who have allergies may also notice that their EIB bothers them in the spring and fall.<sup>2</sup>

EIB is a relatively common condition that affects people of all ages. In fact, more than 30 million people in the US, between 10% and 15% of the population, are living with EIB, from those who are not active in sports to casual athletes and even Olympic athletes.<sup>3-6</sup>

But just because it's common doesn't mean you have to let it slow you down.

Two puffs from your ProAir® HFA inhaler before exercise or any other physical activity can help prevent the symptoms of EIB.

## What are the symptoms of EIB?

If you notice the following symptoms during or after exercising for at least 5 minutes, you should use your ProAir® HFA inhaler as instructed by your healthcare professional<sup>1</sup>:

- Shortness of breath
- Chest pain or tightness
- Trouble getting a deep breath
- Wheezing or noisy breathing
- Coughing
- Unusual fatigue

NORMAL AIRWAY



EIB AIRWAY



## How can you manage your EIB?

EIB should be treated differently than asthma. Instead of using ProAir HFA when the symptoms start, using it 30 minutes **before** you exercise/perform activity will help prevent or reduce the symptoms. For most people, the effects last 2 to 3 hours, so you can continue to join in on the fun.

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**ProAir<sup>®</sup> HFA  
IS DESIGNED  
TO KEEP YOU  
ACTIVE**

## ProAir<sup>®</sup> HFA can be kept in your gym bag, backpack, or pocket

- ProAir HFA can be carried or stored in any position without concerns about receiving inconsistent/inaccurate doses when you need your medication the most<sup>7,8</sup>
- Does not have to be reprimed if dropped, meaning less medication is used for priming<sup>9</sup>



Just like all albuterol inhalers, ProAir HFA should always be actuated, primed, and used in an upright position, and must be stored at room temperature (between 59°F and 77°F).<sup>3</sup>

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## ProAir<sup>®</sup> HFA is designed with you in mind

### More time to use all 200 doses

- ProAir HFA expires in 24 months, unlike some albuterol HFA inhalers that may expire more quickly<sup>10</sup>
  - If you need to keep multiple inhalers on hand, this can be important
- Because the same inhaler can be used for 2 years or 200 doses, whichever comes first,<sup>10</sup> ProAir HFA may cost you less over time (fewer copays)



200  
doses

### Medication when you need it most

- Designed specifically to deliver a longer, warmer spray (called a “plume”) that’s less forceful<sup>11,12</sup>
  - May prevent you from pausing during inhalation, so medication is less likely to settle in your mouth<sup>11</sup>
- Longer-lasting plume may be more beneficial for patients with poor inhaler technique<sup>11,13,14</sup>

### Widest managed care access may save you money

- Covered on more insurance plans, which means you may pay less<sup>15</sup>



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## How to use your ProAir® HFA inhaler

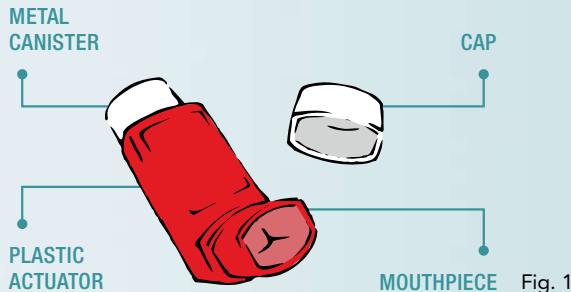
### Before using your ProAir HFA inhaler

If a child needs help using the inhaler, an adult should watch the child use the inhaler to be sure it is used correctly.

The inhaler should be at room temperature before you use it.

Check each time to make sure the canister fits firmly in the plastic actuator. Also look into the mouthpiece to make sure there are no foreign objects there, especially if the cap is not being used to cover the mouthpiece.

### The parts of your ProAir® HFA Inhaler



There are 2 main parts to your ProAir HFA inhaler: the metal canister that holds the medicine and the red plastic actuator that sprays the medicine from the canister (see Figure 1).

The inhaler also has a cap that covers the mouthpiece of the actuator.

**Do not use the ProAir HFA actuator with a canister of medicine from any other inhaler. And do not use a ProAir HFA canister with an actuator from any other inhaler.**

### Priming your ProAir HFA inhaler

You must prime the inhaler to get the right amount of medicine. Prime the inhaler before you use it for the first time or if you have not used it for more than 14 days. To prime the inhaler, take the cap off of the mouthpiece of the actuator. Then shake the inhaler well and spray it into the air away from your face. Shake and spray the inhaler like this 2 more times to finish priming it.



## Instructions for taking a dose from your ProAir® HFA inhaler

Read through the 6 steps below before using ProAir HFA. If you have any questions, ask your doctor or pharmacist.

- 1 Take the cap off of the mouthpiece of the actuator. **Shake the inhaler well** before each spray.
- 2 Hold the inhaler with the mouthpiece down (see Figure 2). **Breathe out through your mouth** and push as much air from your lungs as you can. Put the mouthpiece in your mouth and close your lips around it.



- 3 **Push the top of the canister all the way down while you breathe in deeply and slowly through your mouth** (see Figure 3). Right after the spray comes out, take your finger off the canister. After you have breathed in all the way, take the inhaler out of your mouth and close your mouth.
- 4 **Hold your breath as long as you can**, up to 10 seconds, then breathe normally.
- 5 If your doctor has prescribed more sprays, wait 1 minute and **shake** the inhaler again. Repeat steps 2 through 4.
- 6 Put the cap back on the mouthpiece after every time you use the inhaler, and make sure it snaps firmly into place.

## When to replace your ProAir® HFA inhaler

- **Before you reach 200 sprays**, you should refill your prescription or ask your doctor if you need another prescription for ProAir HFA
- **Throw the inhaler away** when you have used 200 sprays. You should not keep using the inhaler after 200 sprays even though the canister may not be completely empty because you cannot be sure you will receive any medicine
- **Do not use the inhaler** after the expiration date, which you will find on the packaging

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## How to clean your ProAir® HFA inhaler

It is very important to keep the plastic actuator clean so the medicine will not build up and block the spray. Do not try to clean the metal canister or let it get wet. The inhaler may stop spraying if it is not cleaned correctly.

Wash the actuator at least once a week.

### Cleaning instructions:

- Take the canister out of the actuator, and take the cap off the mouthpiece
- Wash the actuator through the top with warm running water for 30 seconds (see Figure 4). Then wash the actuator again through the mouthpiece (see Figure 5)
- Shake off as much water from the actuator as you can. Look into the mouthpiece to make sure any medicine buildup has been completely washed away. If there is any buildup, repeat steps in Figures 4 and 5
- Let the actuator air dry completely, such as overnight (see Figure 6)



Fig. 4



Fig. 5

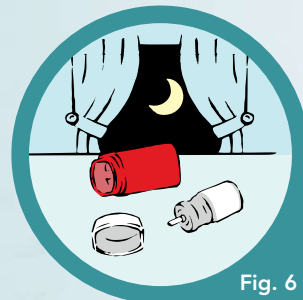


Fig. 6

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## If your actuator becomes blocked

Blockage from medicine buildup is more likely to happen if you do not let the actuator air dry completely. If the actuator gets blocked so that little or no medicine comes out of the mouthpiece (see *Figures 7 and 8*), wash the actuator as described in the “Cleaning Instructions” section on the previous page.

**If you need to use your inhaler before the actuator is completely dry, shake as much water off the actuator as you can.** Put the canister in the actuator and make sure it fits firmly. Shake the inhaler well and spray it twice into the air away from your face. Then take your dose as prescribed. Then clean and air dry it completely.



Fig. 7

Blocked

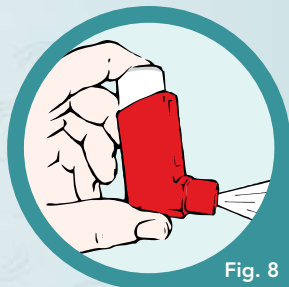


Fig. 8

Unblocked

ProAir® HFA (albuterol sulfate) Inhalation Aerosol is indicated in patients 4 years of age and older for the treatment or prevention of bronchospasm with reversible obstructive airway disease and for the prevention of exercise-induced bronchospasm.

## Important Safety Information

If your symptoms become significantly worse when you use ProAir HFA, contact your doctor immediately. This may indicate either a worsening of your asthma or a reaction to the medication, which may rarely occur with the first use of a new canister of ProAir HFA. Either of these could be life-threatening.

What to tell your doctor before using ProAir HFA: If you have a heart, blood, or seizure disorder, high blood pressure, diabetes, or an overactive thyroid, be sure to tell your doctor. Also make sure your doctor knows all medications you are taking—especially heart medications and drugs that treat depression—because some medications may interfere with how well your asthma medications work. Do not exceed the recommended dose.

Side effects associated with ProAir HFA include headache, rapid heart beat, pain, dizziness, and irritation of the throat and nose.

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.**

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FOR THE  
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**REFERENCES:** **1.** Sinha T, David AK. Recognition and management of exercise-induced bronchospasm. *Am Fam Physician.* 2003;67(4):769-774. **2.** American Academy of Family Physicians. What you should know about exercise-induced bronchospasm. *Am Fam Physician.* 2003;67(4):776. **3.** Kukafka DS, Lang DM, Porter S, et al. Exercise-induced bronchospasm in high school athletes via a free running test: incidence and epidemiology. *Chest.* 1998;114(6):1613-1622. **4.** Weiler JM. Exercise-induced asthma: a practical guide to definitions, diagnosis, prevalence, and treatment. *Allergy Asthma Proc.* 1996;17(6):315-325. **5.** Sonna LA, Angel KC, Sharp MA, et al. The prevalence of exercise-induced bronchospasm among US army recruits and its effects on physical performance. *Chest.* 2001;119(6):1676-1684. **6.** Wilber RL, Rundell KW, Szmedra L, Jenkinson DM, Im J, Drake SD. Incidence of exercise-induced bronchospasm in Olympic winter sport athletes. *Med Sci Sports Exerc.* 2000;32(4):732-737. **7.** Graham SJ, Ormsby ED, Lovering EG. Single spray drug content in a metered-dose aerosol formulation and a collection scheme for content uniformity. *Pharm Forum.* 1992;18(6):4400-4403. **8.** Everard ML, Devadason SG, Summers QA, Le Souef PN. Factors affecting total and "respirable" dose delivered by a salbutamol metered dose inhaler. *Thorax.* 1995;50(7):746-749. **9.** ProAir<sup>®</sup> HFA Prescribing Information. Teva Respiratory, LLC; September 2008. **10.** FDA letter [January 14, 2008]. Data on file. Teva Respiratory, LLC. **11.** Data on file. Teva Respiratory, LLC; 2009. **12.** Colice GL. New drugs for asthma. *Respir Care.* 2008;53(6):688-696. **13.** Gabrio BJ, Stein SW, Velasquez DJ. A new method to evaluate plume characteristics of hydrofluoroalkane and chlorofluorocarbon metered dose inhalers. *Int J Pharm.* 1999;186(1):3-12. **14.** Leach C. Effect of formulation parameters on hydrofluoroalkane-beclomethasone dipropionate drug deposition in humans. *J Allergy Clin Immunol.* 1999;104(6):S250-S252. **15.** Business One Technologies. Aggregated Reports, Formulary Position and Restrictions, ProAir HFA market; March 30, 2010.

**Please see accompanying full Prescribing Information.**

**For more information about EIB and ProAir HFA,  
please visit [www.ProAirHFA.com](http://www.ProAirHFA.com).**



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