

## Dr. Glasser's Asthma Rescue Medicine Handout

Use albuterol in the nebulizer as a "rescue" medicine for cough, shortness of breath, and/or wheezing but don't wait for wheezes to use it!

At the start of a cold, if there is any coughing start the albuterol/xopenex/proventil/proair in the nebulizer or by inhaler with the spacer device at least every 6 hrs. You may use it as frequently as every 4 hrs if needed. Give the nebulizer treatments with the mask over the child's face to avoid most of the medicine going into the room. Give the treatments in the middle of the night too even if the child is sleeping especially when the symptoms are at their worst because **asthma is always worse at night and skipping the nighttime treatments makes it take longer for the child to get better.**

A general rule of thumb is to give the treatments every 4 hrs for 24 hrs and then go down to every 6 hrs for 24 hrs and then every 8 hrs for 24 hrs and then morning and before bed for 24 hrs then just before bed and then only as needed. This tapering of the medicine is dependent upon improvement in the cough and breathing. If your child seems to be getting worse, laboring to breathe, or blue around the lips or nails go to the ER at St Rose Siena, Sunrise, Summerlin, or UMC. **If you feel it is a life threatening emergency CALL 911!!**

If your child can't go 4 hrs in between treatments, you may give 1 treatment before the 4 hrs at home, **but if the child can't wait another 4 hrs for another treatment, you must go to the ER or be seen in the office if we are open and can give you an appointment. Giving treatments more frequently than every 3 hrs at home is UNSAFE! DO NOT DO IT!**

If your child is still requiring the treatments every 4 hrs after 2 days you need to call (702) 248-7337 for an appointment.

Visit [www.drglasser.com](http://www.drglasser.com) for additional information.

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