

# Do You Use a Blue Inhaler?

Spray inhalers (pressurised metered dose inhalers) contain powerful greenhouse gases and contribute to global warming. This is referred to as their carbon footprint. Please be assured these gases are not harmful to you when you use your inhaler.

That is why in Sheffield we have decided to prescribe all blue “spray” salbutamol inhalers as the brand Salamol which has a lower carbon footprint.

It has a lower carbon footprint because the Salamol canister is smaller than Ventolin<sup>®</sup> so it contains less propellant. You still get the same number of doses.

Your prescription for Salbutamol or Ventolin<sup>®</sup> inhaler may change to Salamol.

Salamol contains the same medicine\*, salbutamol, and works in the same way as Ventolin<sup>®</sup>.

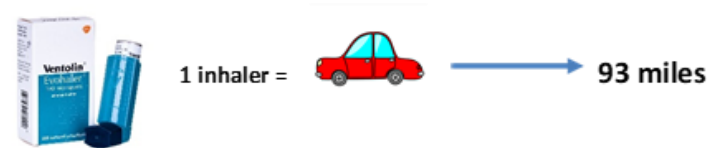
*\*Although the active ingredient is the same, the inhalers use different substances to help the medicine keep stable and work. The information leaflet that comes with the inhaler provides details.*

Carbon footprint of Salamol and Ventolin<sup>®</sup> compared to car journeys

Salamol salbutamol inhaler



Ventolin salbutamol inhaler



2021 data for a medium petrol car gov.co.uk

What else can I do to help the environment?

**If you have asthma and are using more than 2 blue inhalers in a year this may suggest your condition is not well controlled. Please speak to your GP practice to book a review**

- Use all the doses up – don't discard inhalers with doses left in
- Return used inhalers to the pharmacy to dispose of in an environmentally safe way
- Speak to your health care professional who can review your existing inhalers and suggest even more environmentally friendly options like dry powder inhalers
- Always use your inhalers as prescribed