

Asthma Medications

	I Take :	My Dose	What it Does	Side Effects ⁺	Comments
Reliever As Needed	Airomir® Bricanyl® Salbutamol Ventolin®		<ul style="list-style-type: none"> Relaxes muscles in the airways Works quickly - within minutes when needed 	<ul style="list-style-type: none"> tremor(hands shake) fast heart rate nervousness headache weakness/dizziness sweating 	<p>Keep with you at all times for use:</p> <ul style="list-style-type: none"> during asthma attacks episodes of shortness of breath episodes of difficulty breathing attacks before activity to prevent attacks Use regularly during flare-ups Use spacer with all MDIs*
Preventer	Alvesco® Asmanex® Flovent® Pulmicort® Qvar® Arnuity®		<ul style="list-style-type: none"> Regular use decreases inflammation (swelling) of the airways Works slowly over days for long-term improvements 	<ul style="list-style-type: none"> oral thrush sore throat hoarse voice 	<ul style="list-style-type: none"> Rinse, gargle, spit & after each use Must take regularly to control airways inflammation Use spacer with all MDIs* Arnuity is once daily
Combination preventer	Advair® Symbicort® Zenhale® Breo®		<ul style="list-style-type: none"> Regular use decreases inflammation (swelling) of the airways Relaxes muscles in the airways Lasts 12 hours 	<ul style="list-style-type: none"> hoarse voice sore throat oral thrush headache tremor fast heart rate muscle cramps 	<ul style="list-style-type: none"> Rinse, gargle, & spit after each use Use spacer as directed Take regularly to control inflammation and relax muscles in airways Use spacer with all MDIs* Breo is once daily
Preventer	Singulair®		<ul style="list-style-type: none"> Prevents inflammation of the airways 	<ul style="list-style-type: none"> headache stomach upset skin rash 	<ul style="list-style-type: none"> Use Singulair® once a day, in the evening

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Add On Bronchodilator	Spiriva [®]		<ul style="list-style-type: none"> Relaxes muscles in the airways 	<ul style="list-style-type: none"> dry mouth/throat constipation trouble urinating headache 	<ul style="list-style-type: none"> Avoid getting the mist in your eyes If trouble urinating, stop medication and see your Doctor
Potent Anti Inflammatory	Prednisone		<ul style="list-style-type: none"> Rapidly decreases inflammation of the airways Taken in pill form for 5-10 days for flare ups of asthma 	<ul style="list-style-type: none"> <i>short term use:</i> increased appetite, weight gain, mood change, bruising, difficulty sleeping <i>long term use:</i> increase blood pressure, round face, osteoporosis, bruising, weight change 	<ul style="list-style-type: none"> Used short term for severe worsening of breathing/ asthma attacks Take once a day with morning meals If taken longer than 2 weeks, doses may be “tapered” (decrease the amount slowly rather than stop suddenly)
Nasal Anti- Inflammatory	Avamys [®] Flonase [®] Nasacort [®] Nasonex [®] Rhinocort [®] Beclomethasone		<ul style="list-style-type: none"> decreases inflammation in the nose 	<ul style="list-style-type: none"> nasal irritation bleeding, crusting, dry nose 	<ul style="list-style-type: none"> Use regularly when allergies are bothering you May use as needed throughout the year

*This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment.
If you have specific questions, please consult your doctor or appropriate healthcare professional.
www.ucalgary.ca/asthma*

MY DAILY PLAN:

1. _____
2. _____
3. _____
4. _____
5. _____

*MDI + Meter Dosed Inhaler
+Included are most common side effects, may not be complete list.