























<p>Active ingredients (generic names)</p>	<p>BECLOMETASONE (be-clo-met-a-son-e) Common brands include: <i>Qvar</i></p> <p>BUDESONIDE (bu-des-o-nide) Common brands include: <i>Pulmicort</i></p> <p>CICLESONIDE (cic-les-o-nide) Common brands include: <i>Alvesco</i></p> <p>FLUTICASONE PROPIONATE (floo-tic-a-zone pro-pi-o-nate) Common brands include: <i>Flixotide</i></p>  <p>Common name: preventers</p>
<p>What it is used for</p>	<ul style="list-style-type: none"> • Managing asthma — adults (<i>CARPA STM p326</i>), children (<i>CARPA STM p137</i>) • Managing chronic lung disease — COPD (fluticasone propionate + salmeterol) (<i>CARPA STM p321</i>)
<p>How it works</p>	<ul style="list-style-type: none"> • Reduces swelling of airways in lungs to help make breathing easier 
<p>Side effects</p>	<ul style="list-style-type: none"> • Hoarse voice • Thrush (fungal infection) of mouth or tongue — painful, often white coating • If using nebuliser — bruising, skin irritation on face • If dose high — can affect natural hormones, especially in children





 <p>Warnings</p>	<ul style="list-style-type: none"> • Not suitable for relieving acute attack of asthma but should be continued if already using • If giving budesonide or fluticasone propionate by nebuliser — cover person's eyes • Can be used with relievers, cromones or montelukast <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Pregnant (ciclesonide)</p> </div> <div style="text-align: center;">  <p>Children under 6 years (ciclesonide)</p> </div> </div>
 <p>Tell the patient</p>	<ul style="list-style-type: none"> • Use every day, even if you feel better • Rinse mouth with water and spit out after each use • If using inhalation device (<i>CPM p360</i>) — <ul style="list-style-type: none"> ◦ Keep clean, especially nozzle ◦ Make sure you know how to use it properly • If using nebuliser — <ul style="list-style-type: none"> ◦ Cover eyes during use ◦ Wash face afterwards • If using both preventer and reliever — use reliever first • Do not use more often than prescribed, especially in children <ul style="list-style-type: none"> ◦ Talk with doctor if you think you need more <div style="text-align: center;">  <p>Puffer works best with spacer</p> </div>
<p>Warning stickers (<i>p298</i>): 14</p>	
<p>Check</p>	<ul style="list-style-type: none"> • Is asthma or COPD action plan up to date • Can person use device properly and keep it clean <ul style="list-style-type: none"> ◦ Ask them to demonstrate (<i>CPM p360</i>) • Is spacer (<i>CPM p364</i>) being used with puffer — especially important for children and the elderly







<p>Active ingredients (generic names)</p>	<p>BUDESONIDE + FORMOTEROL (EFORMOTEROL) (bu-des-o-nide + for-mo-te-rol) Common brands include: <i>Symbicort</i></p> <p>FLUTICASONE FUROATE + VILANTEROL (floo-tic-a-zone fur-o-ate + vil-an-te-rol) Common brands include: <i>Breo</i></p> <p>FLUTICASONE PROPIONATE + FORMOTEROL (EFORMOTEROL) (floo-tic-a-zone pro-pi-o-nate + for-mo-te-rol) Common brands include: <i>Flutiform</i></p> <p>FLUTICASONE PROPIONATE + SALMETEROL (floo-tic-a-zone pro-pi-o-nate + sal-me-te-rol) Common brands include: <i>Seretide</i></p>  <p>Common name: preventers</p>
<p>What it is used for</p>	<ul style="list-style-type: none"> • Managing asthma <ul style="list-style-type: none"> ◦ Adults (CARPA STM p326) ◦ Children (budesonide + formoterol [eformoterol], fluticasone propionate + salmeterol) (CARPA STM p137) • Managing chronic lung disease — COPD (fluticasone propionate + salmeterol) (CARPA STM p321) • Can be used with inhaled relievers, montelukast, cromones
<p>How it works</p>	<ul style="list-style-type: none"> • Reduces swelling of airways in lungs to help make breathing easier 
<p>Side effects</p>	<ul style="list-style-type: none"> • Hoarse voice (salmeterol + fluticasone propionate, formoterol [eformoterol] + budesonide) • Thrush (fungal infection) of mouth or tongue — painful, often white coating • If using nebuliser — bruising, skin irritation on face • If dose high — can affect natural hormones, especially in children






 <p>Warnings</p>	<ul style="list-style-type: none"> • Not suitable for relieving acute attack of asthma but should be continued if already using • If giving budesonide or fluticasone propionate by nebuliser — cover person's eyes  <p>Children under 12 years (fluticasone furoate)</p>
 <p>Tell the patient</p>	<ul style="list-style-type: none"> • Use every day, even if you feel better • Rinse mouth with water and spit out after each use • If using inhalation device (<i>CPM p360</i>) — <ul style="list-style-type: none"> ◦ Keep clean, especially nozzle ◦ Make sure you know how to use it properly • If using nebuliser — <ul style="list-style-type: none"> ◦ Cover eyes during use ◦ Wash face afterwards • If using both preventer and reliever — use reliever first • Do not use more often than prescribed, especially in children. Talk with doctor if you think you need more  <p>Puffer works best with spacer</p>
	<p>Warning stickers (<i>p298</i>): 14</p>
<p>Check</p>	<ul style="list-style-type: none"> • Is asthma or COPD action plan up to date • Can person use device properly and keep it clean <ul style="list-style-type: none"> ◦ Ask them to demonstrate (<i>CPM p360</i>) • Is spacer (<i>CPM p364</i>) being used with puffer — especially important for children and the elderly




<p>Active ingredients (generic names)</p>	<p>FORMOTEROL (EFORMOTEROL) (for-mo-te-rol) Common brands include: <i>Oxis Turbuhaler</i></p> <p>SALMETEROL (sal-mee-ter-all) Common brands include: <i>Serevent Accuhaler</i></p>  <p>Common name: LABA</p> <p>Other beta₂ agonists (long-acting) Not included in this monograph — see <i>AMH</i> for information:</p> <ul style="list-style-type: none"> • Indacaterol <p>Beta₂ agonist combinations</p> <ul style="list-style-type: none"> • See <i>Corticosteroids and beta₂ agonists</i> (p276)
<p>What it is used for</p>	<ul style="list-style-type: none"> • Maintenance treatment of asthma if also using inhaled or oral corticosteroids
<p>How it works</p>	<ul style="list-style-type: none"> • Opens up small air passages in lungs to help make breathing easier and prevent asthma attacks 
<p>Side effects</p>	 <p>Headache</p>  <p>Fast pulse (heart rate)</p>  <p>Tremor</p>



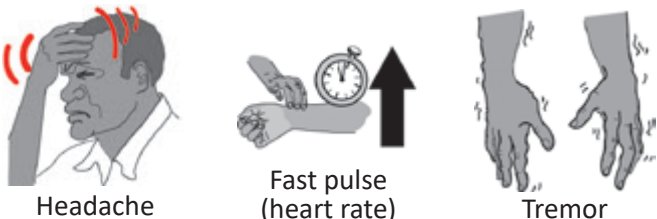
 <p>Warnings</p>	<ul style="list-style-type: none"> • Do not use salmeterol as reliever in acute asthma attack. Use salbutamol (p284) • Formoterol (eformoterol) may be used in acute asthma attack, as well as for prevention of asthma <p>Interactions — Do not use together without medical consult</p> <p>SALMETEROL with:</p> <ul style="list-style-type: none"> • Beta-blockers
 <p>Tell the patient</p>	<ul style="list-style-type: none"> • For asthma — must be used with preventer • For COPD — can be used alone • Do not use salmeterol to treat acute asthma attack • Use every day, even if you feel better • After using inhaler with corticosteroid (preventer), rinse mouth and throat with water and spit out • Keep inhalation device (CPM p360) clean, especially nozzle <ul style="list-style-type: none"> ◦ Make sure you know how to use properly <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Puffer works best with spacer</p> </div> <div style="text-align: center;">  <p>Return to clinic if wheeze gets worse</p> </div> </div>
<p>Check</p>	<ul style="list-style-type: none"> • Is asthma action plan up to date • Can person use device properly and keep it clean <ul style="list-style-type: none"> ◦ Ask them to demonstrate (CPM p360) • Is spacer (CPM p364) being used with puffer — especially important for children and the elderly






<p>Active ingredients (generic names)</p>	<p>Short-acting IPRATROPIUM (ip-ra-trop-ium) Common brands include: <i>Aeron, Atrovent, Ipratrin</i></p> <p>Long-acting TIOTROPIUM (tio-trop-ium) Common brands include: <i>Spiriva</i></p>  <p>Other long-acting anticholinergics Not included in this monograph — see <i>AMH</i> for information:</p> <ul style="list-style-type: none"> • Acclidinium • Glycopyrronium • Umeclidinium <p>Long-acting anticholinergic combinations Not included in this monograph — see <i>AMH</i> for information:</p> <ul style="list-style-type: none"> • Acclidinium + eformoterol (eg <i>Brimica</i>) • Glycopyrronium + indacaterol (eg <i>Ultibro</i>) • Tiotropium + olodaterol (eg <i>Spiolto</i>) • Umeclidinium + vilanterol (eg <i>Anoro</i>)
<p>What it is used for</p>	<ul style="list-style-type: none"> • Asthma attack (ipratropium) — adults (<i>CARPA STM p325</i>), children (<i>CARPA STM p136</i>) • Chronic lung disease — COPD <ul style="list-style-type: none"> ◦ Acute episode (exacerbation) (ipratropium) (<i>CARPA STM p319</i>) ◦ Severe exacerbation (ipratropium) (<i>CARPA STM p320</i>) ◦ Ongoing management (tiotropium) (<i>CARPA STM p321</i>)
<p>How it works</p>	<ul style="list-style-type: none"> • Opens airways so sputum easier to cough up 
<p>Side effects</p>	<ul style="list-style-type: none"> • Sore throat • Trouble passing urine (urinary retention), or worse symptoms if bladder obstruction  <p>Dry mouth</p>  <p>Blurred vision – with nebuliser</p>

 <p>Warnings</p>	 <p>Eye trouble – glaucoma</p>  <p>Medical consult if needed for more than a short time</p>
 <p>Tell the patient</p>	<ul style="list-style-type: none"> • For COPD, use tiotropium every day • If using inhalation device (<i>CPM p360</i>) — <ul style="list-style-type: none"> ◦ Keep clean, especially nozzle ◦ Make sure you know how to use it properly • If using nebuliser (ipratropium) — cover eyes during use  <p>Puffer works best with spacer</p>  <p>Return to clinic if you need ipratropium more than 3–4 times a week – may need a preventer</p> <p>Warning stickers (<i>p298</i>): Tiotropium 22</p>
<p>Check</p>	<ul style="list-style-type: none"> • Is asthma or COPD action plan up to date • Can person use device properly and keep it clean <ul style="list-style-type: none"> ◦ Ask them to demonstrate (<i>CPM p360</i>) • Is spacer (<i>CPM p364</i>) being used with puffer — especially important for children and the elderly

<p>Active ingredients (generic names)</p>	<p>MONTELUKAST (mon-te-loo-kast) Common brands include: <i>Lukair, Montair, Singlair</i></p>  <p>Common name: preventers</p>
<p>What it is used for</p>	<ul style="list-style-type: none"> • Asthma <ul style="list-style-type: none"> ◦ Helps prevent symptoms <ul style="list-style-type: none"> ▪ Children (CARPA STM p137) ▪ Adults (CARPA STM p326) ◦ Prevention of exercise-induced asthma • Allergic rhinitis (blocked nose caused by allergies)
<p>How it works</p>	<ul style="list-style-type: none"> • Makes airways less sensitive • Decreases swelling of the lining of the airways 
<p>Side effects</p>	<div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;">  <p>Headache</p> </div> <div style="text-align: center;">  <p>Abdominal pain</p> </div> <div style="text-align: center;">  <p>Diarrhoea</p> </div> </div>

 <p>Warnings</p>	<ul style="list-style-type: none"> • Not for relieving acute asthma attack, but should be continued if already using
 <p>Tell the patient</p>	<ul style="list-style-type: none"> • Chew tablets well before swallowing • If using to prevent exercise-induced asthma — take 2 hours before exercise <ul style="list-style-type: none"> ◦ No more than 1 dose in 24 hour • Do not use montelukast to treat asthma attack  <p>Take at night</p>
<p>Check</p>	<ul style="list-style-type: none"> • Is asthma action plan up to date

<p>Active ingredients (generic names)</p>	<p>SALBUTAMOL (sal-bu-ta-mol) Common brands include: <i>Airomir, Asmol, Ventolin</i></p> <p>TERBUTALINE (ter-bu-ta-leen) Common brands include: <i>Bricanyl</i></p> 
<p>What it is used for</p>	<ul style="list-style-type: none"> • Asthma <ul style="list-style-type: none"> ◦ Adults (CARPA STM p326) ◦ Children (CARPA STM p137) ◦ Prevention of exercise induced asthma • Chest infection with a wheeze in child (salbutamol) (CARPA STM p128) • Chronic lung disease in adult (salbutamol) (CARPA STM p314) • High potassium levels caused by missed dialysis (salbutamol) (CARPA STM p248)
<p>How it works</p>	<ul style="list-style-type: none"> • Quickly opens up small air passages in lungs to help make breathing easier • Pushes potassium into cells (salbutamol) 
<p>Side effects</p>	 <p>Headache</p> <p>Fast pulse (heart rate)</p> <p>Tremor</p>

 <p>Warnings</p>	 <p>Medical consult if person using more than 3–4 times a week – may need a preventer</p> <p>Interactions — Do not use together without medical consult SALBUTAMOL and TERBUTALINE with</p> <ul style="list-style-type: none"> • Beta-blockers
 <p>Tell the patient</p>	<ul style="list-style-type: none"> • Use when needed to help make breathing easier • Keep inhalation device (<i>CPM p360</i>) clean, especially nozzle <ul style="list-style-type: none"> ◦ Make sure you know how to use properly <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>Puffer works best with spacer</p> </div> <div style="text-align: center;">  <p>Return to clinic if using more than 3–4 times a week – may need a preventer</p> </div> </div>
<p>Check</p>	<p>Warning stickers (<i>p298</i>): Salbutamol – capsules/nebules 22, if foil wrapping 7b</p> <ul style="list-style-type: none"> • Is asthma or COPD action plan up to date • Can person use device properly and keep it clean <ul style="list-style-type: none"> ◦ Ask them to demonstrate (<i>CPM p360</i>) • Is spacer (<i>CPM p364</i>) being used with puffer — especially important for children and the elderly