



# Guideline for Choice of Inhalers for Asthma (RS2)

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This guideline is intended for use in primary care









## Sunderland and South Tyneside Asthma Inhaler Guide











Preferred inhaler choices are shown below. Prescribe inhalers (other than salbutamol) by brand name.

### Abbreviations:

|      |                             |       |   |
|------|-----------------------------|-------|---|
| BDP  | Beclomethasone Dipropionate | MART  | Maintenance and Reliever Therapy        |
| DPI  | Dry Power Inhaler           | MDI   | Metered Dose Inhaler                    |
| ICS  | Inhaled Corticosteroid      | SABA  | Short Acting Beta Agonist               |
| LABA | Long Acting Beta Agonist;   | SMART | Single Maintenance and Reliever Therapy |

|               | Formulary Choice   | Brand name   | Drug  | Image   | Dose                                   |
|---------------|--|--|---|---|--|
| <b>SABA</b>   | <b>1<sup>st</sup> choice</b>   | Various brands include:<br><b>Ventolin®</b><br><b>Evohaler®</b><br><b>Easyhaler®</b><br><b>Salbutamol®</b> | Salbutamol<br>100micrograms<br>MDI or DPI<br><br><i>Spacer devices are recommended with MDI</i>   |    | Two Puffs<br>up to four<br>times a day |
|               | Others include: Terbutaline (Bricanyl Turbohaler®)<br>Salamol® Easi-breath Airomir autohaler |  |   |   |  |
| <b>Step 1</b> | <b>1<sup>st</sup> Choice</b>   | <b>Clenil®</b><br><b>Modulate</b><br><b>ICS only</b>   | Beclomethasone Dipropionate<br>200micrograms<br>(BDP)<br><br><i>Spacer devices recommended with MDI</i><br><br><b>Standard BDP</b>          |    | One puff<br>twice a<br>day             |
|               | <b>2<sup>nd</sup> Choice</b>   | <b>Qvar®</b><br><b>ICS only</b>  | Beclomethasone Dipropionate<br>50micrograms<br><br><i>Double potency of standard BDP</i><br><br><i>Spacer devices recommended with MDI</i>  |  | One puff<br>twice a<br>day             |
|               | <b>Alternative</b>   | <b>Easyhaler®</b><br><b>ICS only</b>   | Beclomethasone Dipropionate<br>100micrograms to 200micrograms<br><br><b>Equivalent to BDP</b>   |  | One puff<br>twice a<br>day             |
|               | <b>Alternative</b>   | <b>Qvar</b><br><b>Easi-breathe®</b><br><b>ICS only</b>   | Beclomethasone 50micrograms<br><br><i>Double potency of standard BDP</i>  |  | Two puffs<br>twice a<br>day            |
| <b>Step 2</b> | <b>1<sup>st</sup> Choice</b>   | <b>Clenil® modulate</b><br><b>ICS only</b>   | Beclomethasone Dipropionate<br>200micrograms<br><br><i>Spacer devices recommended with MDI</i><br><br><b>Standard BDP</b>                   |  | One puff<br>twice a<br>day             |
|               | <b>2<sup>nd</sup> Choice</b>   | <b>Qvar®</b><br><b>ICS only</b>  | Beclomethasone Dipropionate<br>100micrograms<br><br><i>Spacer devices recommended with MDI</i><br><br><b>Double potency of standard BDP</b> |  | One puff<br>twice a<br>day             |
|               | <b>Alternative</b>   | <b>Qvar easi-</b><br><b>breathe®</b><br><b>ICS only</b>  | Beclomethasone 100 micrograms<br><br><b>Double potency of standard BDP</b>  |  | Two puffs<br>twice daily               |
|               | <b>ADD</b>   | <b>Montelukast</b>   | Montelukast 10mgs<br><br><i>Review 6-8 weeks &amp; stop if not effective</i>  |  | One<br>Tablet<br>at night              |

|  | Formulary Choice   | Brand name                                    | Drug  | Image   | Dose  |
|--|--|---|---|---|---|
| Step 3   | 1 <sup>st</sup> choice   | <b>Fostair®<br/>ICS/LABA</b>                  | Beclometasone/Formoterol<br>100micrograms / 6micrograms<br>fine particle MDI or NEXThaler<br><br>Spacer devices recommended with MDI<br>2.5X more potent than standard BDP                                |    | One puff<br>twice a day                           |
|  | 2 <sup>nd</sup> choice   | <b>DuoResp<br/>Spiromax®<br/>ICS/LABA</b>     | Budesonide/Formoterol<br>160micrograms / 45micrograms   |    | One puff<br>twice a day                           |
|  | Alternative  | <b>Flutiform®<br/>ICS/LABA</b>                | Fluticasone/formoterol<br>125 micrograms/5 micrograms<br><br>2.5X more potent than standard BDP<br>Spacer devices recommended with MDI<br>Not licensed for MART Regime                                    |    | Two puffs<br>twice a day                          |
|  | Alternative  | <b>Symbicort®<br/>turbohaler<br/>ICS/LABA</b> | Budesonide/formoterol<br>100micrograms / 6micrograms<br><br>Equivalent to BDP   |   | Two puffs<br>twice a day                          |
|  | Alternative  | <b>Relvar® Ellipta<br/>ICS/LABA</b>           | Fluticasone furoate/vilanterol<br>92micrograms / 22micrograms<br><br>Lack of comparable BDP equivalent<br>dose  |  | One puff<br>once a day                            |
| AND Montelukast 10mgs at night add on if necessary. Refer for specialist advice if concerned |  |   |   |   |   |
| Step 4<br>MART regimen   | 1 <sup>st</sup> Choice   | <b>Fostair®<br/>ICS/LABA</b>                  | Beclometasone/Formoterol<br>100micrograms/6micrograms<br>fine particle MDI<br><br>MART dosing<br>Maximum 8 puffs in 24 hours<br>Spacer devices recommended with MDI<br>2.5X more potent than standard BDP |  | One puff<br>twice a day                           |
|  | 2 <sup>nd</sup> choice   | <b>DuoResp®<br/>Spiromax<br/>ICS/LABA</b>     | Budesonide/formoterol<br>160micrograms / 4.5micrograms<br><br>Equivalent to BDP<br>MART dosing<br>Maximum 12 puffs in 24 hours  |  | One puff<br>twice a day                           |
|  | Alternative  | <b>Symbicort®<br/>ICS/LABA</b>                | Budesonide/formoterol<br>100 micrograms/6micrograms<br><br>SMART up to 8 doses per day<br>Equivalent to BDP   |  | Two puffs<br>twice a day<br>plus when<br>required |
|  | AND Montelukast 10mgs at night add on if necessary. Refer for specialist advice if concerned |   |   |   |   |

|  | Formulary Choice       | Brand name                                      | Drug  | Image   | Dose                  |
|--|------------------------|---|---|---|-----------------------|
| Step 5<br>Moderate ICS dose  | 1 <sup>st</sup> choice | <b>Fostair®</b><br><br><b>ICS/LABA</b>          | Beclometasone/ Formoterol fine particle MDI or NEXThaler<br>100micrograms / 6micrograms<br>MART MDI only<br><br>Spacer devices recommended with MDI<br>2.5X more potent than standard BDP |    | Two puffs twice a day |
|  | 2 <sup>nd</sup> choice | <b>DuoResp®</b><br><b>ICS/LABA</b>              | Budesonide/Formoterol<br>160micrograms / 4.5micrograms<br><br>MART<br>Equivalent to BDP   |    | Two puffs twice a day |
| OR   | Alternative            | <b>Flutiform®</b><br><b>ICS/LABA</b>            | Fluticasone/Formoterol<br>250micrograms / 10micrograms<br><br>not licensed as MART<br>2.5X more potent than standard BDP<br>Spacer devices recommended with MDI                           |    | Two puffs twice a day |
|  | Alternative            | <b>Symbicort® turbohaler</b><br><b>ICS/LABA</b> | Budesonide/Formoterol<br>200 micrograms/6 micrograms<br><br>Equivalent to BDP<br><br>SMART  |   | Two puffs twice a day |
|  | Alternative            | <b>Relvar Ellipta®</b><br><b>ICS/LABA</b>       | Fluticasone furoate/Vilanterol<br>184 micrograms/22 micrograms<br><br>Lack of a comparable BDP equivalent dose  |  | One puff once a day   |
| Montelukast 10mgs at night add on if necessary. Refer for specialist advice if concerned |                        |   |   |   |                       |
| Step 6<br>HIGH ICS dose  | 1 <sup>st</sup> choice | <b>Fostair®</b><br><b>ICS/LABA</b>              | Beclometasone/ formoterol<br>200 micrograms/6 micrograms fine particle MDI or NEXThaler<br><br>MART MDI only<br>Spacer devices recommended with MDI<br>2.5X more potent than standard BDP |  | Two puffs twice a day |
|  | 2 <sup>nd</sup> choice | <b>DuoResp®</b><br><b>ICS/LABA</b>              | Budesonide/Formoterol 320micrograms / 9micrograms<br><br>Equivalent to BDP  |  | Two puffs twice a day |
|  | Alternative            | <b>Symbicort®</b><br><b>ICS/LABA</b>            | Budesonide/Formoterol 200micrograms / 6micrograms<br><br>SMART<br>Equivalent to BDP   |  | Two puffs twice a day |
|  | Add                    | <b>Spiriva® Resimat</b>                         | Tiotropium 2.5micrograms<br><br>Can be used with aerochamber plus   |  | Two puffs once a day  |
|  | Add                    | <b>Uniphyllin®</b>                              | Theophylline 200mg<br>May be titrated to 300mg / 400mg<br>Specialist initiation only.   |  | Every 12 hours        |

Links for patients: [www.mylungsmylife.org](http://www.mylungsmylife.org); British Lung Foundation Breathe Easy groups: [www.blf.org.uk/support-for-you/breathe-easy](http://www.blf.org.uk/support-for-you/breathe-easy)