

Inhaled Corticosteroids

| BRAND NAME | GENERIC NAME | DOSAGE FORM |
|--------------|----------------|--|
| Pulmicort® | Budesonide | Turbuhaler™ (dry powder inhaler) |
| Flovent HFA® | Fluticasone | Metered-Dose Inhaler (MDI) Diskus dry powder inhaler |
| QVar® | Beclomethasone | Metered-Dose Inhaler (MDI) |

Asthma is caused by inflammation or swelling in the airway. Inhaled corticosteroids reduce and prevent this inflammation. They may also decrease mucous production.

Inhaled corticosteroids, are “preventer” asthma drugs and need to be used every day to prevent symptoms and maintain control of your asthma.

Ask your doctor about providing you with a **written Asthma Action Plan**, which allows you to adjust your medication according to your symptoms and peak-flow measurements.

Inhaled corticosteroids will not relieve an asthma attack that has already started and should not be taken to relieve symptoms.

SIDE EFFECTS:

The most common side effects are cough, sore throat, and a hoarse voice. Thrush (a yeast infection that causes a white layer or spots on the tongue or throat) may also occur. To reduce the risk of thrush, **rinse your mouth with water and spit out the water after inhaling this medicine. If you think you have developed thrush contact your doctor.**

MISSED DOSES:

If you miss a dose and remember within 6 hours, take your missed dose as soon as possible, then go back to your regular schedule. If it is more than 6 hours when you remember, do not take the missed dose. Just take the next dose on time.