

# Leukotriene Receptor Antagonists

BRAND NAME	GENERIC NAME	DOSAGE FORM
Singulair®	Montelukast	Tablets: 10 mg Chewtabs: 4 & 5 mg Oral granules: 4 mg
Accolate®	Zafirlukast	Tablets: 20 mg

The leukotriene receptor antagonists are “**preventer**” asthma drugs that block substances called leukotrienes. Leukotrienes are chemicals that occur naturally in our bodies and cause narrowing and swelling of airways. Blocking leukotrienes help reduce asthma symptoms.

Leukotriene receptor antagonists do not work quickly enough to stop an acute asthma episode. If you have difficulty breathing, tightness, wheezing, or coughing and need relief, use the “**reliever**” inhaler your doctor has prescribed for you.

If you require your reliever inhaler more than 3 times per week, talk to your doctor. It is a sign that your asthma is poorly controlled.

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.

**Zafirlukast (Accolate®) is used twice daily.** Take your tablet on an empty stomach, at least one hour before or two hours after meals. Some medicines may interact with zafirlukast. Make sure your doctor knows about all other medications you are taking including those obtained without a prescription.

**Montelukast (Singulair®) is used once daily.** It is usually taken at bedtime with or without food. In general, montelukast does not interact with other drugs. However, tell your doctor about all medicines you are taking or planning to take.

## SIDE EFFECTS:

These drugs are generally well tolerated. The most common side effects are mild headache and nausea. Rarely, other adverse effects have been observed including allergic reactions, a flu-like illness, rash, numbness in arms and legs, and severe sinusitis. A few cases of liver injury have been observed with zafirlukast (Accolate®). **Tell your doctor if you develop any unusual symptom, or if any known symptom continues or worsens.**

## MISSED DOSES:

Try to take your medication as prescribed. If you miss a dose, skip the missed dose and take the next dose on time.