Asthma Medications

**Controller Medications**

Controller medications are used **EVERY DAY** even if you feel well to help prevent mucus and asthma attacks. Rinse mouth after use. Always use an inhaler with a spacer.

**Important:** Controller medications are **NOT** intended for use in breathing emergencies.

- **Qvar® RediHaler**
  - 40 mcg or 80 mcg
  - beclomethasone dipropionate

- **Flovent™ HFA**
  - 44, 110, 220 mcg
  - fluticasone propionate

- **Asmanex®**
  - 110, 220 mcg
  - mometasone

- **Pulmicort Flexhaler™**
  - 90 mcg or 180 mcg
  - budesonide inhalation powder

- **Alvesco® HFA**
  - 80 mcg or 160 mcg
  - ciclesonide

**Rescue Medications**

These fast-acting medications help to relax tight muscles in the lungs and make it easier to breathe. Use this medication when breathing is hard, you are coughing or wheezing, or you are in your yellow or red zone. Always use with a spacer.

**Fast-acting Medications (Last 3-6 Hours)**

- **Ventolin® HFA**
  - albuterol sulfate

- **ProAir® HFA**
  - albuterol sulfate

- **Proventil® HFA**
  - albuterol sulfate

- **Xopenex® HFA**
  - levalbuterol tartrate

- **Maxair™ Autohaler™**
  - pirbuterol acetate

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**Combination Medications:**
Both Controller and Long Acting Relief Medication

These have two types of asthma medications, one to prevent mucus and control swelling and one to relax the tight muscles in the lungs for 12 hours. Rinse mouth after use. Always use an inhaler with a spacer.

**Important:** Combination medications are **NOT** intended for use in breathing emergencies.

- **Advair Diskus®**
  - 100/50 mcg
  - 250/50 mcg
  - 500/50 mcg

  fluticasone propionate and salmeterol inhalation powder

- **Dulera®**
  - 100/5 mcg
  - 200/5 mcg

  mometasone furoate and formoterol fumarate

- **Advair® HFA**
  - 45mcg/21mcg, 115 mcg/21 mcg, or 230 mcg/21 mcg

  fluticasone/salmeterol

- **Symbicort® HFA** 80 mcg or 160 mcg

  budesonide/formoterol fumarate dihydrate

**Examples of Patient Self-Help Tools**

- Facemask Spacer
- Mouthpiece Spacer
- Peak Flow Meters

**Contact Information:**

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