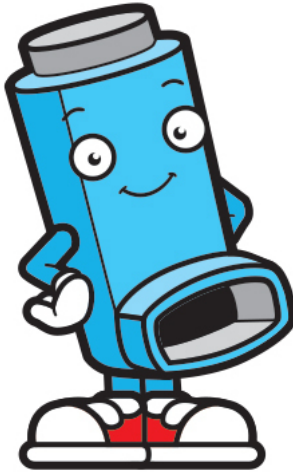


## Asthma Medications:

There are two main kinds of asthma medication: Rescue (fast-acting) and Control.



- **Rescue Inhalers** help stop symptoms of asthma attacks by opening airways. These medications relieve symptoms within minutes, but do not reduce or prevent inflammation that causes symptoms. These **are not to be used daily**, only coughing/wheezing.
  - Albuterol (ProAir, Proventil, Ventolin)
  - Xopenex (levalbuterol)
- **Control Medications** help prevent asthma attacks by decreasing inflammation in the airways. They treat the disease, not just the symptoms and must be used on a daily basis for them to work effectively.
  - Budesonide (Pulmicort)
  - Fluticasone (Flovent)
  - Beclomethasone (Qvar)
  - Ciclesonide (Alvesco)
  - Mometasone (Asmanex)
  - Triamcinolone Acetonide (Azmacort)
  - Fluticasone/Salmeterol (Advair)
  - Formoterol/mometasone (Dulera)
  - Budesonide/Formoterol (Symbicort)
  - Montelukast (Singulair)

### Instructions for using a Metered Dose Inhaler and Spacer:

- ✓ Clear the mouthpiece each time by tilting forward and blowing out dust or other loose material which can cause coughing during inhalation.
- ✓ Roll the inhaler 10-15 times
- ✓ If the MDI is new or has not been used for 7 or more days, activate one spray into the open air to prime.
- ✓ Push the inhaler mouthpiece into the end of the spacer.
- ✓ Correctly position the inhaler and spacer comfortably in one hand.
- ✓ Open mouth and seal lips completely around the mouthpiece of spacer or place spacer mask comfortably to face to create a seal so there are no gaps.
- ✓ Activate the MDI by pressing down on the canister to release medication and take 5 normal breaths.
- ✓ If a second puff is ordered, wait at least 1-5 minutes between doses
- ✓ When finished with the inhaler, rinse mouth with water
- ✓ To clean the MDI, remove the metal canister and wash the sleeve with warm water and dry thoroughly before reuse. Do not submerge the metal canister in water as this may cause damage. Should be cleaned at least once a week.

