

Adult Asthma Inhaler Choice

Quick reference guide

Interim guidance

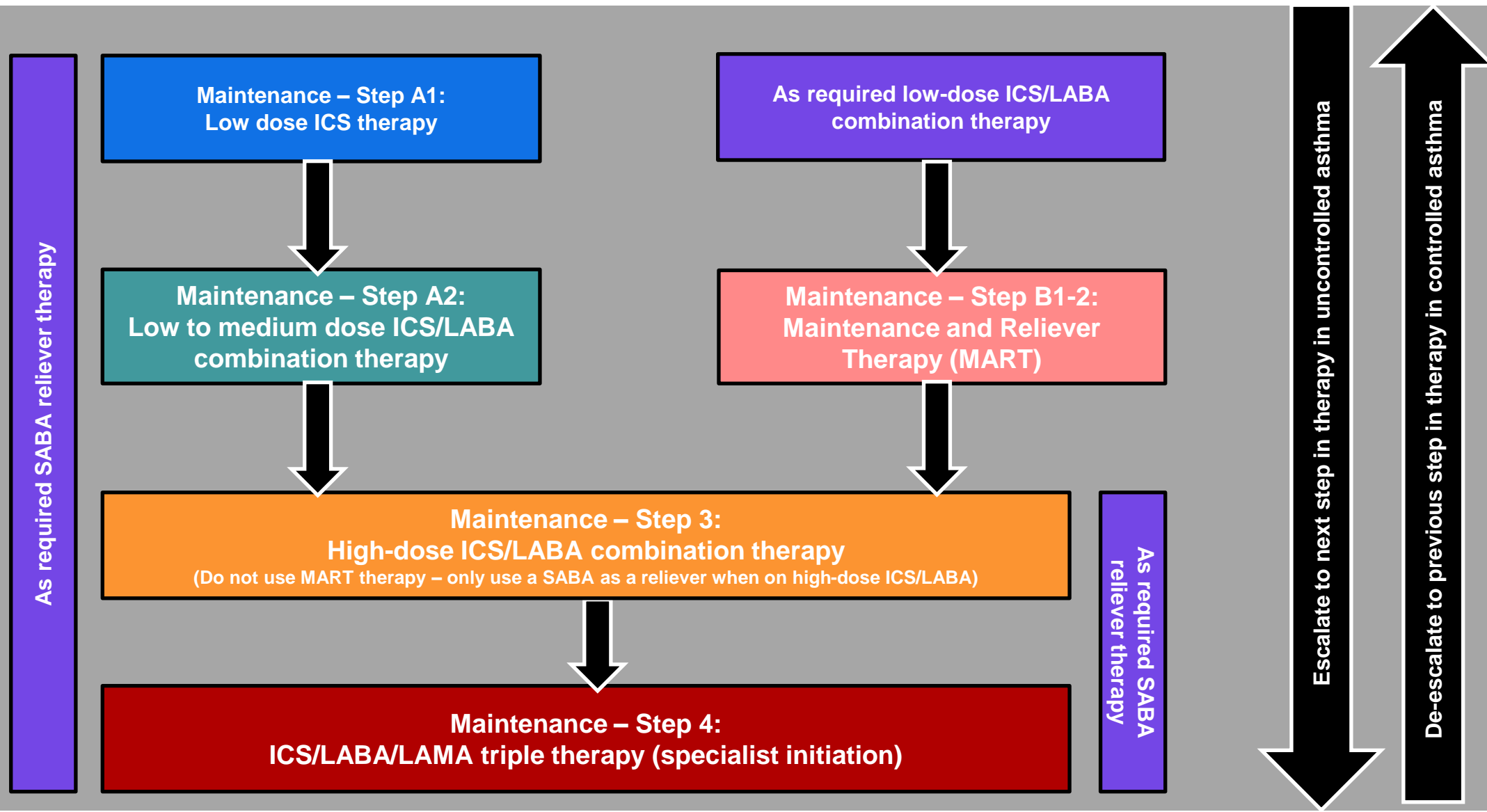
For full guidance, please see https://www.ncl-mon.nhs.uk/wp-content/uploads/Guidelines/3_Asthma_inhaler_choice.pdf

Please send any queries or feedback to admin.ncl-mon@nhs.net

Pathways for inhaled therapies for asthma

Patients can follow either Pathway A or B.

Pathway A	OR	Pathway B
<ul style="list-style-type: none"> A SABA is used as a reliever alongside Steps A1, A2, 3 and 4 SABA monotherapy traditionally considered in infrequent, short-lived wheeze with normal lung function, but move towards consideration of an ICS in all asthmatic adults Avoid over-reliance on SABA (avoid adding to repeat list) 		<ul style="list-style-type: none"> SABA inhalers are not routinely needed alongside as required low-dose ICS/LABA combination therapy or MART therapy Use a SABA device alongside Steps 3 and 4 only Avoid over-reliance on SABA (avoid adding to repeat list)



Inhalers on the NCL Joint Formulary


PATHWAY A

Maintenance Step 1: Low-dose ICS

Pulmicort Turbohaler
Budesonide

100mcg device:
2 doses BD
200mcg device:
1 dose BD


CO₂: LOW
DPI



Flixotide Accuhaler
Fluticasone propionate

50mcg device:
2 puffs BD


CO₂: LOW
DPI



Clenil Modulite
Beclomethasone

100mcg device:
2 doses BD


CO₂: HIGH
pMDI



Flixotide Evohaler
Fluticasone propionate

50mcg device:
2 puffs BD

CO₂: HIGH
pMDI




Maintenance Step 2: Low to medium dose ICS/LABA

Fostair Nexthaler
Beclometasone/ Formoterol

100/6 mcg device
Low dose: 1 dose BD
Med dose: 2 doses BD


CO₂: LOW
DPI



Relvar Ellipta
Fluticasone furoate/ Vilanterol

92/22 mcg device
No low dose
Med dose: 1 dose OD

CO₂: LOW
DPI




Symbicort Turbohaler
Budesonide/ Formoterol

200/6 mcg device
Low dose: 1 dose BD
Med dose: 2 doses BD

Other devices available


CO₂: LOW
DPI



Fostair pMDI
Beclometasone/ Formoterol

100/6 mcg device
Low dose: 1 dose BD
Med dose: 2 doses BD

CO₂: HIGH
pMDI




Step 3: High dose ICS/LABA

Fostair Nexthaler
Beclometasone/ Formoterol

200/6 mcg device:
2 doses BD

CO₂: LOW
DPI



Relvar Ellipta
Fluticasone furoate/ Vilanterol

184/22 mcg device:
1 dose OD

CO₂: LOW
DPI



Symbicort Turbohaler
Budesonide/ Formoterol

400/12 mcg device:
2 doses BD


CO₂: LOW
DPI



Fostair pMDI
Beclometasone/ Formoterol

200/6 mcg device:
2 doses BD

CO₂: HIGH
pMDI




Step 4: Triple therapy (ICS/LABA/LAMA)

Energair Breezhaler
Indacaterol/ Glycopyrronium/ Mometasone

114/46/136 mcg device:
1 dose OD


CO₂: LOW
DPI



High-dose ICS/LABA with Spiriva Respimat (Tiotropium)

High-dose ICS/LABA plus Spiriva Respimat
2.5 mcg device:
2 doses OD


CO₂: LOW
SMI



Trimbow
Beclometasone/ Formoterol/ Glycopyrronium

87/5/9 mcg device: 2 puffs BD
172/5/9 mcg device: 2 puffs BD

CO₂: HIGH
pMDI




Reliever therapy - SABA

Ventolin Accuhaler
Salbutamol – 200micrograms/dose

1 dose as required (max 1 dose QDS)


CO₂: LOW
DPI



Easyhaler Salbutamol
Salbutamol – 6 month expiry once opened

1-2 puff(s) as required


CO₂: LOW
DPI



Salamol CFC-Free inhaler
Salbutamol – contains ethanol

1-2 puff(s) as required


CO₂: HIGH
pMDI



Salamol Easi-Breathe
Salbutamol

1-2 dose(s) as required

CO₂: HIGH
BAI




Next steps for PATHWAYS A or B

Reliever therapy: As required low-dose ICS/LABA combination therapy (additional SABA not required)

Fostair Nexthaler
Beclometasone/ Formoterol

100/6 mcg device:
1 dose PRN (up to 8 doses daily)


CO₂: LOW
DPI



Symbicort Turbohaler
Budesonide/ Formoterol

100/6mcg or 200/6mcg device:
1 dose PRN (up to 8 doses daily)


CO₂: LOW
DPI



Fostair pMDI
Beclometasone/ Formoterol

100/6 mcg device:
1 dose PRN (up to 8 doses daily)

CO₂: HIGH
pMDI




Maintenance Step 1-2: Maintenance and Reliever Therapy

Fostair Nexthaler
Beclometasone/ Formoterol

100/6 mcg device:
1 dose BD and 1 dose PRN (up to 8 doses daily)


CO₂: LOW
DPI



Symbicort Turbohaler
Budesonide/ Formoterol

100/6mcg device:
1 dose BD & 1 dose PRN
200/6mcg device:
1 dose BD & 1 dose PRN
Usually up to 8 doses daily; max 12 doses daily


CO₂: LOW
DPI



Fostair pMDI
Beclometasone/ Formoterol

100/6 mcg device:
1 dose BD and 1 dose PRN (up to 8 doses daily)

CO₂: HIGH
pMDI



PATHWAY B

Additional reliever therapy – SABA – choices as per Pathway A

Always prescribe by brand only

Spacers used with pMDIs where possible

