

**RESPTREC™**

## Courses offered:

### Education:

Chronic Disease Management Educator course (a course suitable for those working with clients living with any chronic disease)

### Disease-specific educator training courses:

Asthma

COPD

### Skills-based course:

Spirometry

Courses endorsed by:



# ASTHMA Medications

Resources available at



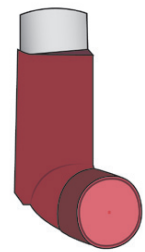
**RESPTREC™**  
RESPIRATORY TRAINING  
& EDUCATOR COURSE

THE  LUNG ASSOCIATION™

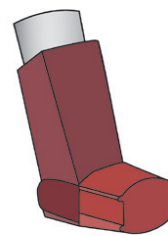
## Corticosteroids

### Corticosteroid

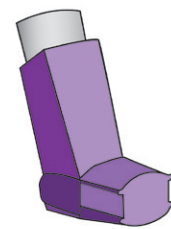
USE REGULARLY  
\*\*Gargle and spit after each use



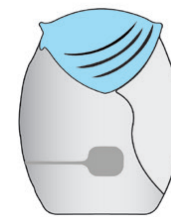
**AlvESCO® MDI**  
(ciclesonide)  
100; 200 mcg doses  
Duration: 24h  
Company: Takeda



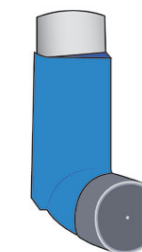
**Flovent® MDI**  
(fluticasone propionate)  
50; 125; 250 mcg doses  
Duration: 12h  
Company: GSK



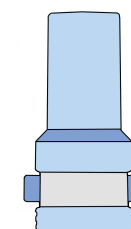
**Advair® MDI**  
(fluticasone propionate/salmeterol xinafoate)  
125/25; 250/25 mcg doses  
Duration: 12h  
Company: GSK



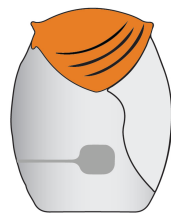
**Breo™ Ellipta®**  
(fluticasone furoate/vilanterol trifenate)  
100/25; 200/25 mcg doses  
Duration: 24h  
Company: GSK



**Airomir™ MDI**  
(salbutamol sulphate)  
100 mcg/dose  
Duration: 4-6h  
Company: Valeant



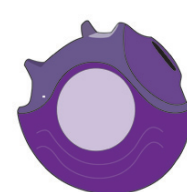
**Foradil® AEROLIZER®**  
(formoterol fumarate)  
12 mcg/dose  
Duration: 12h  
Company: Novartis



**Arnuity™ Ellipta®**  
(fluticasone furoate)  
100; 200 mcg doses  
Duration: 24h  
Company: GSK



**Pulmicort® Turbuhaler®**  
(budesonide)  
100; 200; 400 mcg doses  
Duration: 12h  
Company: AZ  
\*neb also available



**Advair® Diskus®**  
(fluticasone propionate/salmeterol xinafoate)  
100/50; 250/50; 500/50 mcg doses  
Duration: 12h  
Company: GSK



**Symbicort® Turbuhaler®**  
(budesonide/\*\*formoterol fumarate)  
100/6; 200/6 mcg doses  
Onset: <5m  
Duration: 12h  
Company: AZ  
\*this may also be used as a reliever with regular therapy



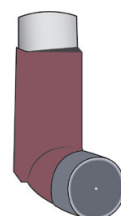
**Bricanyl® Turbuhaler®**  
(terbutaline sulphate)  
0.5 mg/dose  
Duration: 4-6h  
Company: AZ



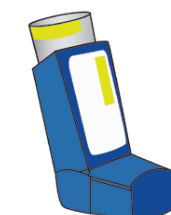
**Oxeze® Turbuhaler®**  
(formoterol fumarate)  
6; 12 mcg doses  
Duration: 12h  
Company: AZ



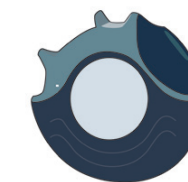
**Asmanex™ Twisthaler™**  
(mometasone furoate)  
100; 200; 400 mcg doses  
Duration: 24h  
Company: Merck



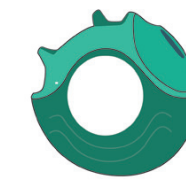
**Qvar™ MDI**  
(beclomethasone dipropionate)  
50; 100 mcg doses  
Duration: 12h  
Company: Valeant



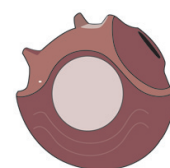
**Zenhale™ MDI**  
(mometasone furoate/formoterol fumarate)  
50/5; 100/5; 200/5 mcg doses  
Duration: 12h  
Company: Merck



**Ventolin® Diskus®**  
(salbutamol sulphate)  
200 mcg/dose  
Duration: 4-6h  
Company: GSK



**Serevent® Diskus®**  
(salmeterol xinafoate)  
50 mcg/dose  
Duration: 12h  
Company: GSK



**Flovent® Diskus®**  
(fluticasone propionate)  
50; 100; 250, 500 mcg doses  
Duration: 12h  
Company: GSK

Dose = one inhalation  
MDI = Metered Dose Inhaler

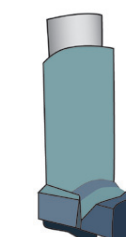
- \* Maximize drug delivery & decrease side effects by using a spacer (chamber) with metered-dose inhalers
- \* Refer to Product Monograph for recommended dose, which may vary by age.
- \* Video instructions found at: [www.sk.lung.ca/devices](http://www.sk.lung.ca/devices)
- \* Product information found at: [www.sk.lung.ca/drugs](http://www.sk.lung.ca/drugs)
- \* Detailed information on the drugs can be found on the Canada Product Database at: <http://webprod5.hc-sc.gc.ca/dpd-bdpp/index-eng.jsp>
- \* Additional RESPREC™ resources and most current electronic versions available at: [www.sk.lung.ca/resptrec-resources](http://www.sk.lung.ca/resptrec-resources)
- \* Note: may not be a complete list of asthma medications

### Additional Medications

**Oral Corticosteroid (OCS):**  
Prednisone (Apotex, Teva, Jaapharm, Pro Doc Ltée)

**Leukotriene Receptor Antagonists (LTRA):**  
Accolate®  
Singulair®

**Anti-IgE:**  
Xolair®



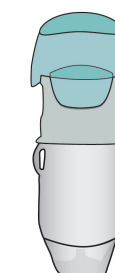
**Ventolin® MDI**  
(salbutamol sulphate)  
100 mcg/dose  
Duration: 4-6h  
Company: GSK

Company Key:  
AZ – AstraZeneca Canada Inc  
GSK – GlaxoSmithKline Inc  
Merck – Merck Canada Inc  
Novartis Pharmaceuticals Canada Inc  
Takeda – Takeda Canada Inc  
Valeant – Valeant Canada

### LAMA

(Long-acting Muscarinic Antagonist)

USE REGULARLY  
\*\*Never used on its own for asthma without an inhaled corticosteroid



**Spiriva® Respimat®**  
(tiotropium bromide monohydrate)  
2.5 mcg/dose  
Duration: 24h  
Company: BI