

Take Everyday Control Medications

These work to keep your airways from getting swollen and narrow.

These medications work best when taken **every day**.

Advair





100/50 250/50 500/50




45/21
115/21
230/21

Every AM		1 Puff	Every AM		2 Puffs
Every PM		1 Puff	Every PM		2 Puffs



Qvar


Every AM		1 2 3 4 Puffs
Every PM		1 2 3 4 Puffs



40 mcg
80 mcg


Dulera

Every AM		2 Puffs
Every PM		2 Puffs




100 mcg
200 mcg



Flovent





50 mcg
100 mcg
250 mcg




44 mcg
110 mcg
220 mcg

Every AM		1 2 3 4 Puffs	Every PM		1 2 3 4 Puffs
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Asmanex


Every AM		1 2 3 4 Puffs
Every PM		1 2 3 4 Puffs



110 mcg
220 mcg



Pulmicort


Every AM		1 2 3 4 Puffs
Every PM		1 2 3 4 Puffs



90 mcg 180 mcg


Alvesco

Every AM		1 2 3 4 Puffs
Every PM		1 2 3 4 Puffs



80 mcg
160 mcg

Singular




4 mg



4 mg granules




10 mg





5 mg

Take 1 every PM	
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Symbicort



80/4.5 160/4.5

Every AM		2 Puffs
Every PM		2 Puffs

Budesonide Inhalation Suspension




Every AM		1 2 nebulizer treatments
Every PM		1 2 nebulizer treatments






Notes _____

Quick Relief Medications

These work quickly to help stop asthma symptoms that have already started. They help to **temporarily** relieve symptoms such as coughing, wheezing, chest tightness, and shortness of breath. These can be used before exercise to prevent symptoms.

Inhalers

Take up to _____ puffs every _____ hours

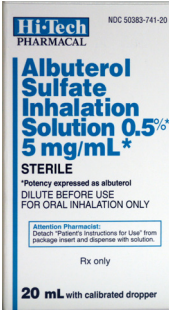
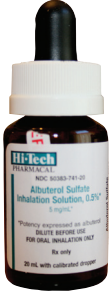







ProAir Ventolin Combivent Xopenex Proventil

Nebulizer Medications


Medication you mix

Take one nebulizer treatment every _____ hours







← 0.50 ml
← 0.25 ml




_____ ml of Albuterol



saline

+


_____ ampule(s) of saline

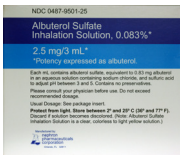



Nebulizer Medications


Already mixed medication


Take _____ ampule(s) every _____ hours











If your breathing is not improved after your first quick relief inhaler (or nebulizer) treatment, do the following:

Next appointment in _____ weeks, months. Always bring your asthma medicines and spacer to your asthma appointment. Ask your provider to check that you are using them correctly.