








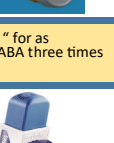


Initial add on therapy - add inhaled long action beta agonist (LABA) to low dose ICS





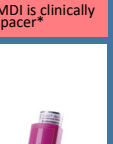
S/MART licensed options.
(Find MART action plans [here](#))






Non S/MART options






Additional add-on therapies

Consider trial of montelukast 10mg at night at any stage.

Beclomethasone Easyhaler®		
ICS dose equivalence		
Low	Medium	High
200 1 puffs bd	200 2 puffs bd	200 2 puffs bd
		
Budesonide Easyhaler®		
ICS dose equivalence		
Low	Medium	High
100 2 puffs bd	200 2 puffs bd	400 2 puffs bd
		
Pulmicort Turbuhaler®		
ICS dose equivalence		
Low	Medium	High
100 2 puffs bd	200 2 puffs bd	400 2 puffs bd
		
Only use if patient cannot use DPI or if MDI is clinically indicated at review. *Use with spacer*		
Clenil Modulite® (beclomethasone)		
ICS dose equivalence		
Low	Medium	High
100 2 puffs bd	200 2 puffs bd	250 2 puffs bd
		
QVAR® (beclomethasone)		
ICS dose equivalence		
Low	Medium	High
50 2 puffs bd	100 2 puffs bd	100 4 puffs bd
		
Prescribe additional "reliever" for as required use. Review patients using SABA three times weekly or more.		
Salbutamol Easyhaler®		
100mcg/puff 2 puffs PRN Max 8 puffs daily		
		
Bricanyl Turbuhaler® (terbutaline)		
500mcg/puff One puff PRN. Max 4 puffs daily		
		
Only use if patient cannot use DPI or if MDI is clinically indicated at review. *Use with spacer*		
Salamol® (salbutamol)		
100mcg/puff 2 puffs PRN Max 8 puffs daily		
		

Duoresp Spiromax® (budesonide/ formoterol)		
ICS dose equivalence		
Low	Medium	High
160/4.5 1 puff bd	160/4.5 2 puffs bd	400/12 2 puffs bd
		
Fobumix Easyhaler® (budesonide/formoterol)		
ICS dose equivalence		
Low	Medium	High
80/4.5 2 puffs bd	160/4.5 2 puffs bd	320/9 2 puffs bd
		
Fostair NEXThaler® (beclomethasone/ formoterol)		
ICS dose equivalence		
Low	Medium	High
100/6 1 puff bd	100/6 2 puffs bd	200/6 2 puffs bd
		
Symbicort Turbuhaler® (budesonide/formoterol)		
ICS dose equivalence		
Low	Medium	High
100/6 2 puff bd or 200/6 1 puff bd	200/6 2 puffs bd or 400/12 1 puff bd	400/12 2 puffs bd
		
Only use if patient cannot use DPI or if MDI is clinically indicated at review. *Use with spacer*		
Fostair® (beclomethasone/formoterol)		
ICS dose equivalence		
Low	Medium	High
100/6 1 puff bd	100/6 2 puffs bd	200/6 2 puffs bd
		
Additional reliever not normally required		

Atecura Breezhaler® (mometasone / indacaterol)		
ICS dose equivalence		
Low	Medium	High
125/62.5 1 cap inhaled od	125/127.5 1 cap inhaled od	125/260 1 cap inhaled od
		
Duoresp Spiromax® (budesonide/ formoterol)		
ICS dose equivalence		
Low	Medium	High
160/4.5 1 puff bd	160/4.5 2 puffs bd	400/12 2 puffs bd
		
Fobumix Easyhaler® (budesonide/formoterol)		
ICS dose equivalence		
Low	Medium	High
80/4.5 2 puffs bd	160/4.5 2 puffs bd	320/9 2 puffs bd
		
Fostair NEXThaler® (beclomethasone/ formoterol)		
ICS dose equivalence		
Low	Medium	High
100/6 1 puff bd	100/6 2 puffs bd	200/6 2 puffs bd
		
Fixkohl Airmaster® (fluticasone/salmeterol)		
ICS dose equivalence		
Low	Medium	High
50/100 1 puff bd	50/250 1 puff bd	50/500 1 puff bd
		

Relvar Ellipta® (vilanterol/fluticasone)		
ICS dose equivalence		
Low	Medium	High
Not available	92/22 1 puff od	184/22 1 puff od
		
Seretide Accuhaler® (fluticasone/salmeterol)		
ICS dose equivalence		
Low	Medium	High
100/50 1 puff bd	250/50 1 puff bd	500/50 1 puff bd
		
Symbicort Turbuhaler® (budesonide/ formoterol)		
ICS dose equivalence		
Low	Medium	High
100/6 2 puff bd or 200/6 1 puff bd	200/6 2 puffs bd or 400/12 1 puff bd	400/12 2 puffs bd
		
Only use if patient cannot use DPI or if MDI is clinically indicated at review. *Use with spacer*		
Combisal® (salmeterol/fluticasone)		
ICS dose equivalence		
Low	Medium	High
25/50 2 puffs bd	25/125 2 puffs bd	25/250 2 puffs bd
		
Fostair® (beclomethasone/formoterol)		
ICS dose equivalence		
Low	Medium	High
100/6 1 puff bd	100/6 2 puffs bd	200/6 2 puffs bd
		

No response to LABA?
Stop LABA and consider increased dose of ICS to medium dose .

Benefit from LABA but control still inadequate?
Continue LABA and increase ICS to medium dose

Control still inadequate?
Consider trial of other therapy eg montelukast if not already trailed or LAMA (long acting antimuscarinic).

Spiriva Respimat® (tiotropium) Soft mist. 2puffs OD Review after 6-8weeks withdraw if ineffective Refill cartridges available.	
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Dry powder inhalers (DPIs) needs less co-ordination and reduces carbon footprint. However a deep, forceful inhalation is required.
MDI (with spacer device) can help with co-ordination difficulties, increases lung deposition, reduces local side effects. A long slow, gentle inhalation is required.

Video and patient leaflets for inhaler technique access [here](#)

Use an "In-Check" dial for assessment of inspiratory flow and to aid inhaler technique training.

DPI (lower carbon footprint) to be considered first

MDI (higher carbon footprint) to be considered if the patient is unable to use a DPI and/ or has reduced inspiratory flow

Empty, part used or unused inhalers and cartridges should be returned to pharmacies for safe disposal

Prescribe additional "reliever" for as required use.

Prescribe inhalers by brand only

Inhalers are listed in alphabetical order (not preference).
Decide on the best device with the patient

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