

Red/ green colour code denotes sustainability - however attention must be paid to suitability and needs of individuals in this age group. See notes below.



Consider trial of montelukast at night at any stage. See pathway on next page [Guidelines](#) | [British Thoracic Society](#) | [Better lung health for all](#)

Short acting beta agonists (SABA)

As required – consider moving up if using three doses a week or more

Salamol 100mcg/puff (salbutamol) MDI	1-2 puffs PRN	License not specified	
Salamol 100mcg/puff (salbutamol) Easi-Breathe MDI	1-2 puffs PRN	License not specified	
Bricanyl 500mcg/puff turbohaler (terbutaline) DPI	1 puff PRN	License not specified	
Salbutamol Easyhaler 100mcg/puff DPI	1-2 puffs PRN	License not specified	
Ventolin 200 Accuhaler (salbutamol) DPI	1 puff PRN	Licensed in ≥ 4 yrs	

Prescribe inhalers by brand only

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

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

Metered dose inhalers (MDI) with spacer are usually considered first in this age group.

DPI have a lower carbon footprint and may be considered in some ages of children and scenarios.

Very low dose inhaled corticosteroid (ICS) devices

Clenil 50 (beclomethasone) MDI	2 puff bd	Licensed in ≥ 4 yrs	
Easyhaler 100 (budesonide) DPI	1 puff bd	Licensed in ≥ 6 yrs	
Pulmicort 100 Turbohaler (budesonide) DPI	1 puffs bd	Licensed in ≥ 5 yrs	

Very low dose inhaled corticosteroid (ICS) + long acting beta agonist (LABA) devices

Seretide Evohaler 50/25 (fluticasone/salmeterol) MDI	1 puff bd	Off label as no licensed equivalent for this age	
Symbicort Turbohaler 100/6 (budesonide/formoterol) DPI	1 puff bd	Licensed in ≥ 6 yrs	

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

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

Low dose inhaled corticosteroid (ICS) + long acting beta agonist (LABA) devices

Combisal 50/25 (fluticasone/salmeterol) MDI	2 puffs BD	Licensed in ≥ 4 yrs	
Seretide Evohaler 50/25 (fluticasone/salmeterol) MDI	2 puffs bd	Licensed in ≥ 4 yrs	
Seretide Accuhaler 100/50 (fluticasone/salmeterol) DPI	1 puff bd	Licensed in ≥ 4 yrs	
Symbicort Turbohaler 100/6 (budesonide/formoterol) DPI	2 puffs bd	Licensed in ≥ 6 yrs	

Choice of device

“Reliever” inhaler
As a child is likely to have to carry a bronchodilator inhaler around a wider range of devices may be considered.

- DPI **may** be useful in children over 5 years, who are unwilling /unable to use a MDI with spacer device but usually this is not suitable until a child reaches 11-12.
- Breath-actuated inhalers may be useful in older child.

“Preventer” inhaler
Metered dose inhalers used with a spacer are first choice for use with inhaled corticosteroids for asthma. If it is unlikely that a child will use the MDI + spacer properly other inhalers may be considered.

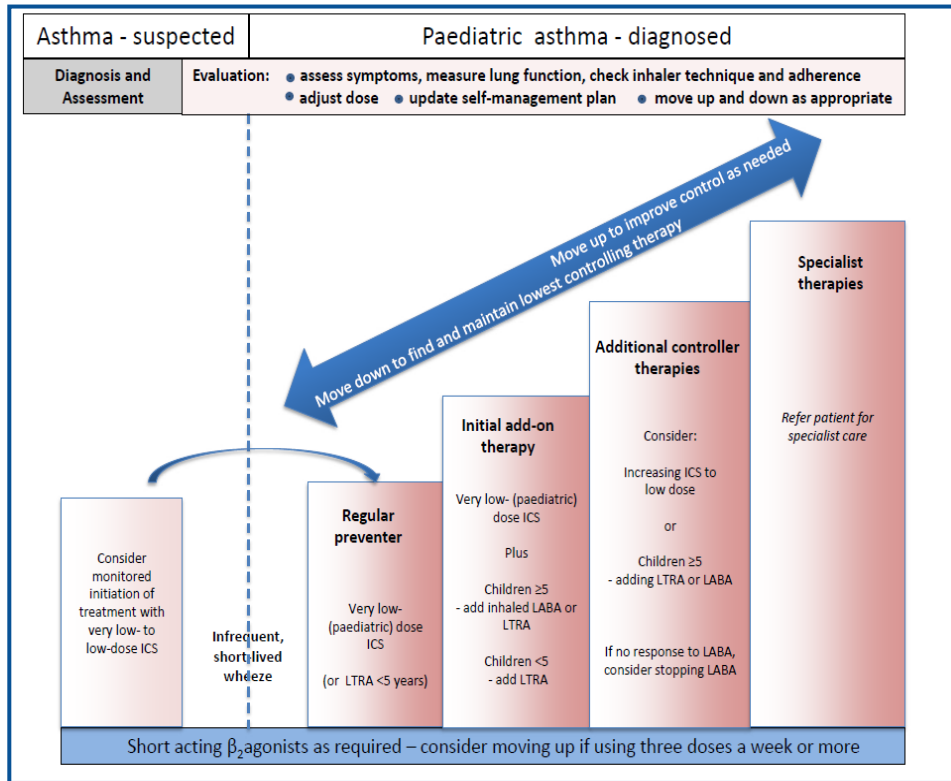
The child and their carers should be instructed carefully on the use of the inhaler. It is important to check that the inhaler is being used correctly as poor inhalation technique may be mistaken for a lack of response to the drug. Video and patient leaflets for inhaler technique can be found [here](#). Other helpful resources are [Right Breathe](#) the [NICE patient decision aid](#) and the manufacturers [datasheets](#).

Spacer devices

- In young children a metered dose inhaler (MDI) should be used with a spacer.
- The use of a facemask is required until the child can breathe reproducibly without it. By the age of 3 years, a child can usually be taught to use a spacer device without a mask.
- A spacer should always be used if the patient is on a high dose of inhaled corticosteroid.
- The AeroChamber Plus Flow-Vu Anti-Static® range are the spacers of choice locally.
- Volumatics can also be used with compatible licensed inhalers eg, Clenil.

Please refer to treatment pathway for paediatric asthma

[Guidelines | British Thoracic Society | Better lung health for all \(brit-thoracic.org.uk\)](#)



References:

[Inhaled corticosteroids | Prescribing information | Asthma | CKS | NICE](#)

[Respiratory system, drug delivery | Treatment summaries | BNFC | NICE](#)

[Overview | Inhaler devices for routine treatment of chronic asthma in older children \(aged 5–15 years\) | Guidance | NICE](#)

Inhaler device images from [RightBreathe](#)