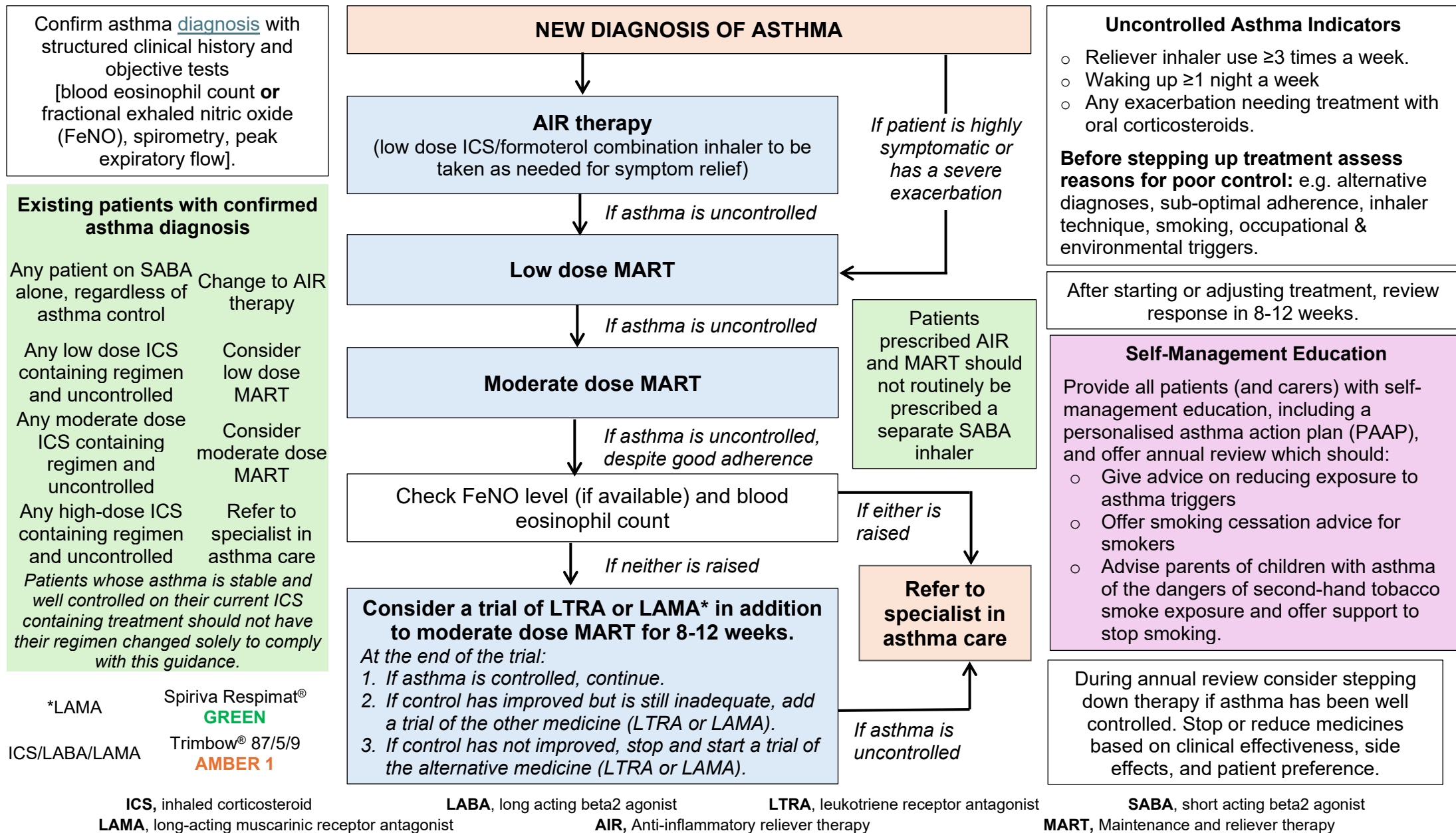







Asthma Management in Adults and Children Aged 12 and over



Preferred* Inhaler Options for Adults and Children Aged 12 and over

- Always prescribe inhalers by brand.
- The choice of inhaler should be based on assessment of correct technique, the patient's preference, lowest environmental impact and the presence of a dose counter. A spacer should always be prescribed with a metered dose inhaler (MDI).
- Before starting any new treatment, always assess adherence and inhaler technique. This should be checked at every review or consultation.
- When clinically appropriate, prescribe a dry powder inhaler (DPI) to reduce the environmental impact and carbon footprint.

	FOBUMIX EASYHALER® budesonide/formoterol 160/4.5mcg DPI 	SYMBICORT TURBOHALER® budesonide/formoterol 200/6mcg DPI 	DUORESP SPIROMAX® budesonide/formoterol 160/4.5mcg DPI 	FOSTAIR NEXTHALER® Beclometasone/formoterol 100/6mcg DPI 	PROXOR® or BIBECFO® Beclometasone/formoterol 100/6mcg pMDI 
Licensed age	12 years and over	12 years and over	12 years and over	18 years and over	18 years and over
AIR Therapy	1 puff as needed	1 puff as needed	1 puff as needed	Not licensed**	Not licensed**
Low dose MART	1 puff twice daily	1 puff twice daily	1 puff twice daily	1 puff twice daily	1 puff twice daily
Moderate dose MART	2 puffs twice daily	2 puffs twice daily	2 puffs twice daily	Not licensed**	Not licensed**
Reliever puffs	1 puff as needed	1 puff as needed	1 puff as needed	1 puff as needed	1 puff as needed
Maximum dose	8 puffs in 24 hours (up to 12 puffs for short periods)	8 puffs in 24 hours (up to 12 puffs for short periods)	8 puffs in 24 hours (up to 12 puffs for short periods)	8 puffs in 24 hours	8 puffs in 24 hours
Shelf-life	4 months after opening foil wrapping	3 years	12 months after opening foil wrapping	6 months after opening wrapping	3 months from collecting from pharmacy



Low carbon footprint inhaler



High carbon footprint inhaler

mcg = micrograms

DPI = Dry powder inhaler

pMDI = Pressurised metered dose inhaler

AIR = Anti-inflammatory reliever therapy

MART = Maintenance and reliever therapy

*The inhalers listed above are the preferred inhaler options across South West London ICB. Inhalers not on this list may be initiated by respiratory specialists and should not be changed without prior consultation. For additional formulary options, please refer to [SWL NetFormulary](#).