

## MEDICATIONS FOR ASTHMA AND REACTIVE AIRWAY DISEASE

Types of Medication	How They are Taken	Examples of Medications	How They Work	Possible Side Effects & Special Precautions
<b>Bronchodilators</b> fast-acting beta-2 agonists	Inhaled	<ul style="list-style-type: none"> <li>• Albuterol (Ventolin®, Proventil®)</li> <li>• Terbutaline (Brethaire®, Brethine®, Bricanyl®)</li> <li>• Metaproterenol (alupent®, Metaprel®)</li> <li>• Pirbuterol (Maxair®)</li> </ul>	<ul style="list-style-type: none"> <li>• Relax and open airways.</li> <li>• Increase movement of cilia to help clear mucus.</li> <li>• Help prevent exercise induced wheezing.</li> <li>• Help stop attacks.</li> </ul>	<ul style="list-style-type: none"> <li>• May cause nervousness, insomnia, faster heartbeat, or increased blood pressure</li> <li>• Should be taken before other bronchodilators</li> </ul>
long-acting beta-2 agonists	Usually Inhaled	<ul style="list-style-type: none"> <li>• Salmeterol (Serevent®)</li> </ul>	<ul style="list-style-type: none"> <li>• Relax and open airways, but take effect more slowly and work longer than fast-acting beta-2 agonists</li> </ul>	<ul style="list-style-type: none"> <li>• Do <b>not</b> use for quick relief</li> <li>• Do not take more often than prescribed</li> </ul>
anticholinergics	Inhaled	<ul style="list-style-type: none"> <li>• Ipratropium bromide (Atrovent®)</li> </ul>	<ul style="list-style-type: none"> <li>• Relax and open airways</li> <li>• Takes effect more slowly than fast-acting beta-2 agonists</li> </ul>	<ul style="list-style-type: none"> <li>• May cause headaches, nervousness, or dry mouth.</li> </ul>
methylxanthines	Swallowed	<ul style="list-style-type: none"> <li>• Theophylline (Slo-bid®, Slo-Phyllin®, Somophyllin®, Theo-Dur®, Uniphyll®)</li> </ul>	<ul style="list-style-type: none"> <li>• Relax and open airways</li> <li>• Stimulate the diaphragm and breathe</li> <li>• Are very useful if</li> </ul>	<ul style="list-style-type: none"> <li>• May cause headaches, nervousness, insomnia, faster heartbeat, tremors, or nausea</li> <li>• Can interact with other med</li> </ul>

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<p><b>Corticosteroids</b> These are not the same as the anabolic steroids used by some bodybuilders.)</p>	<p>Inhaled or Swallowed</p>	<p><b>Inhaled:</b></p> <ul style="list-style-type: none"> <li>• Beclomethasone (Beclivent®, Vanceril®)</li> <li>• Triamcinolone (Azmacort®)</li> <li>• Flunisolide (AeroBid®)</li> </ul> <p><b>Swallowed:</b></p> <ul style="list-style-type: none"> <li>• Prednisone (Deltasone®)</li> <li>• Methylprednisolone (Medrol®)</li> <li>• Prednisolone (Prelone®, Pediapred®)</li> </ul>	<p><b>Inhaled:</b></p> <ul style="list-style-type: none"> <li>• Reduce inflammation and swelling in airways</li> <li>• Reduce mucus production</li> <li>• Decreases sensitivity of airways due to irritants and allergens</li> </ul> <p><b>Swallowed:</b></p> <ul style="list-style-type: none"> <li>• Same as inhaled (above)</li> </ul>	<p><b>Inhaled:</b></p> <ul style="list-style-type: none"> <li>• Very little enters bloodstream, so few side effects</li> <li>• Do not use for fast relief of shortness of breath</li> <li>• Must be used every day; rinse your mouth after use</li> <li>• Do not stop using without consulting your doctor</li> </ul> <p><b>Swallowed:</b></p> <ul style="list-style-type: none"> <li>• Enter bloodstream, so may cause acne, weight gain, stomach problems, high blood pressure, glaucoma, cataracts, or osteoporosis</li> <li>• Always take with food or milk</li> <li>• Do not stop using without consulting your doctor</li> </ul>
<p><b>Nonsteroidal anti-inflammatory</b></p>	<p>Inhaled</p>	<ul style="list-style-type: none"> <li>• Cromolyn (Intal®)</li> <li>• Nedocromil (TiLade®)</li> </ul>	<ul style="list-style-type: none"> <li>• Help reduce or prevent inflammation caused by allergies</li> <li>• Help prevent wheezing</li> <li>• Help prevent exercise-induced asthma</li> </ul>	<ul style="list-style-type: none"> <li>• May cause dry throat, bad taste in mouth, or nausea, but side effects are rare.</li> <li>• Rinse mouth after use</li> <li>• Do <b>not</b> use for shortness of breath</li> </ul>
<p><b>Expectorants</b></p>	<p>Swallowed</p>	<ul style="list-style-type: none"> <li>• Guaifenesin (Robitussin®)</li> </ul>	<ul style="list-style-type: none"> <li>• Help liquify and remove mucus from airways</li> </ul>	<ul style="list-style-type: none"> <li>• Cause few side effects</li> </ul>

Note: This chart is not a complete list of available medications and does not imply endorsement of any type or brand of medication. This list does not contain every possible side effect, adverse reaction, interaction, or precaution for these drugs. Only your physician can recommend or prescribe these medications.