

Pills and Puffers

Bronchodilators: This group of medications helps to open up the airways. There are two main types: **beta-agonists and anticholinergics.**

Beta-Agonists

Short Acting	Long Acting
<ul style="list-style-type: none">Rescue medication, relieverActs within 5 minutesLasts 4-6 hours	<ul style="list-style-type: none">Maintenance medicationLasts 12-24 hours
Examples: Ventolin®, Bricanyl Turbuhaler®	<ul style="list-style-type: none">Examples: Onbrez Breezhaler®, Oxeze Turbuhaler®, Foradil Aerolizer®, Serevent Diskus®
Side Effects: ask your health care professional for a full list	
<ul style="list-style-type: none">rapid heart beat	<ul style="list-style-type: none">shaky handsirritability
These side effects are especially noticeable when you use rescue inhalers multiple times a day.	

Anticholinergics

Short Acting	Long Acting
<ul style="list-style-type: none">Acts within 15 minutesLasts 4-6 hoursCan be used with Ventolin® to help relieve shortness of breath	<ul style="list-style-type: none">Acts within 20 minutesLasts 12-24 hours
Example: Atrovent®	Examples: Spiriva Handihaler®, Spiriva Respimat®, Incruse Ellipta®, Seebri Breezhaler®, Tudorza Genuair®
Side Effects: ask your health care professional for a full list	
<ul style="list-style-type: none">dry mouth	<ul style="list-style-type: none">constipationurinary retention

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Anti-Inflammatories: These medications reduce inflammation in the lungs when taken regularly.

Corticosteroids

Inhaled Corticosteroids	Examples
<ul style="list-style-type: none">Used to improve symptoms and lung function in asthmaUsed to prevent/reduce symptoms for those with severe disease or frequent flare-ups	Alvesco®, Arnuity Ellipta®, Flovent®, Pulmicort Turbuhaler®, QVAR®
Side Effects: ask your health care professional for a full list	
<ul style="list-style-type: none">sore mouth	<ul style="list-style-type: none">hoarse voice
	<ul style="list-style-type: none">thrush
Rinse mouth after use to prevent/minimize side effects.	

Combination Inhalers: There are now many combinations of inhalers available on the market to make medication taking more convenient. The right inhaler for you is chosen based on your clinical history.

Combination Inhalers

Steroid with long acting beta-agonist
<ul style="list-style-type: none">Advair Diskus®Advair Metered Dose Inhaler®
<ul style="list-style-type: none">Breo Ellipta®Symbicort Turbuhaler®
<ul style="list-style-type: none">Zenhale Metered Dose Inhaler®
Long acting beta-agonist with long acting anticholinergic
<ul style="list-style-type: none">Inspiolo Respimat®Anoro Ellipta®
<ul style="list-style-type: none">Duaklir Genuair®Ultibro Breezhaler®
Short acting beta-agonist and short acting anticholinergic
<ul style="list-style-type: none">Combivent Respimat®
Combination steroid with long acting beta-agonist and long acting anticholinergic
<ul style="list-style-type: none">Trelegy Ellipta®

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Which inhaler do I use first?

- In general, use short-acting inhalers first (example: Atrovent®, Ventolin®) as this will open up your airways and allow your next inhaled medication to get deeper into the lungs.
- Use long-acting inhalers next.
- Use inhalers containing a steroid last (example: Advair®, Flovent®).

How long between puffs?

- Wait 30–60 seconds between puffs if you are using a metered dose inhaler (example : Atrovent®, Ventolin®, Zenhale®).
- Wait 5 minutes when switching to a different inhaler.

Theophyllines	Examples
<ul style="list-style-type: none">• Tablet forms of bronchodilators• Add-on therapy when puffers alone are not enough to control symptoms• Use limited by side effects, presence of drug interactions, and the need for monitoring via blood levels	Uniphyll® (lasts 24 hours) Theo-Dur® (lasts 6-12 hours)
Side Effects: ask your health care professional for a full list	
<ul style="list-style-type: none">• nervousness• palpitations	<ul style="list-style-type: none">• poor sleep• loss of appetite
See your doctor if you develop: nausea/vomiting, heart irregularities, seizures	

Exacerbations

Prednisone	Side Effects
<ul style="list-style-type: none">• Always take as prescribed by your doctor• Never stop abruptly without your doctor or pharmacist's advice• Best to take in the morning with food to minimize impact on sleep and stomach upset	<ul style="list-style-type: none">• Bruising• Weight gain• Weakening of bones• Increased blood sugar• Poor wound healing• Poor sleep
Antibiotics	
<ul style="list-style-type: none">• Can be added if you have an exacerbation and experience fever, increased sputum, and a change in the color of your sputum	<ul style="list-style-type: none">• Depends on the antibiotic