

## Quick Reliever Medicines

### Short-Acting Beta<sub>2</sub>-Agonists (SABA)

<b>ProAir® Digihaler™</b> albuterol sulfate 117 mcg 	<b>ProAir® HFA</b> albuterol sulfate 90 mcg 	<b>ProAir® RespiClick</b> albuterol sulfate 117 mcg 	<b>Proventil® HFA</b> albuterol sulfate 120 mcg 	<b>Xopenex HFA®</b> levalbuterol tartrate 50 mcg 
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### Short-Acting Muscarinic Antagonists (SAMA)

<b>Atrovent® HFA</b> ipratropium bromide 17 mcg <b>C</b> 	<b>Atrovent® Neb</b> ipratropium bromide 250/500 mcg <b>G</b> 
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### Short-Acting Combinations (SABA-SAMA)












<b>Combivent® Respimat®</b> ipratropium bromide and albuterol 20/100 mcg <b>C</b> 	<b>DuoNeb®</b> ipratropium bromide and albuterol sulfate 0.5 mg-3 mg/3 ml <b>G</b> 
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## How-To Videos



## Maintenance/Controller Medicines

### Inhaled Corticosteroids (ICS) asthma only

<b>Alvesco® HFA</b> ciclesonide 80/160 mcg 	<b>ArmonAir™ RespiClick®</b> fluticasone propionate 55/113/232 mcg 	<b>Arnuity® Ellipta®</b> fluticasone furoate 100/200 mcg 	<b>Asmanex® HFA</b> mometasone furoate 100/200 mcg 	<b>Asmanex® Twisthaler®</b> mometasone furoate 110/220 mcg 	<b>Budesonide Inhalation Suspension</b> .25 mg/2 ml, .5 mg/2 ml/1 mg/2 ml 	<b>Flovent® Diskus®</b> fluticasone propionate 50/100/250 mcg 	<b>Flovent® HFA</b> fluticasone propionate 44/110/220 mcg 	<b>Pulmicort® Flexhaler®</b> budesonide 90/180 mcg 	<b>Pulmicort Respules®</b> budesonide inhalation suspension .25 mg/2 ml, .5 mg/2 ml, 1 mg/2 ml 	<b>QVAR® Redihaler™</b> beclomethasone dipropionate 40/80 mcg 
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### Combination Therapy (Inhaled Corticosteroid - Long-Acting Beta<sub>2</sub>-Agonists) (ICS-LABA)

<b>Advair Diskus®</b> fluticasone propionate and salmeterol 100/50, 250/50, 500/50 mcg 	<b>Advair® HFA</b> fluticasone propionate and salmeterol xinafoate 45/21, 115/21, 230/21 mcg 	<b>AirDuo® RespiClick®</b> fluticasone propionate and salmeterol 55/14, 113/14, 232/14 mcg 	<b>Breo® Ellipta®</b> fluticasone and vilanterol 100/25, 200/25 mcg 	<b>Symbicort®</b> budesonide and formoterol fumarate dihydrate 80/4.5, 160/4.5 mcg 	<b>Dulera®</b> mometasone furoate and formoterol fumarate dihydrate 50/5, 100/5, 200/5 mcg <b>A</b> 	<b>Wixela™ Inhub™</b> fluticasone propionate and salmeterol xinafoate 100/50, 250/50, 500/50 mcg 
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### Triple Therapy (ICS-LABA-LAMA)

<b>Trelegy Ellipta</b> fluticasone/vilanterol/umeclidinium 100/200 mcg 	<b>Breztri Aerosphere®</b> budesonide glycopyrrolate formoterol fumarate 160/9/4.8 mcg <b>C</b> 
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### Long-Acting Muscarinic Antagonists (LAMA)

<b>Incruse® Ellipta®</b> umeclidinium 62.5 mcg <b>C</b> 	<b>Spiriva® HandiHaler®</b> tiotropium bromide 18 mcg 	<b>Spiriva® Respimat®</b> tiotropium bromide 1.25 mcg 	<b>Tudorza™ Pressair™</b> aclidinium bromide 400 mcg <b>C</b> 
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### Long-Acting Beta<sub>2</sub>-Agonists (LABA) COPD only







<b>Brovana® Neb</b> arformoterol 15 mcg 	<b>Perforomist® Neb</b> formoterol fumarate dihydrate 20 mcg 	<b>Serevent® Diskus®</b> salmeterol xinafoate 50 mcg 	<b>Striverdi® Respimat®</b> olodaterol hydrochloride 2.5 mcg 
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### LAMA-LABA COPD only

<b>Anoro Ellipta</b> umeclidinium and vilanterol 55/22, 62.5/25 mcg 	<b>Bevespi Aerosphere®</b> glycopyrrolate and formoterol 9/4.8 mcg 	<b>Stiolto® Respimat®</b> olodaterol and tiotropium bromide 2.5/2.5 mcg 
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## Add-On Medicines

### Monoclonal Antibody (biologics, injection) **A**

<b>Cinqair®</b> reslizumab 100 mg 	<b>Dupixent®</b> dupilumab 100/200/300 mg 	<b>Fasenra™</b> benralizumab 30 mg 
<b>Nucala®</b> mepolizumab 100 mg 	<b>Tezspire™</b> tezepelumab-ekko 210 mg 	<b>Xolair®</b> omalizumab 75/150 mg 

### PDE4 Inhibitor

<b>Daliresp®</b> roflumilast 250/500 mcg <b>C</b> 
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### Leukotriene Receptor Antagonists (LTRA)

<b>Singulair®</b> montelukast sodium 4/5/10 mg 
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## Use a valved holding chamber/spacer

All HFA inhalers should be used with a compatible valved holding chamber/spacer.



## Definitions

- ICS = Inhaled Corticosteroid
- ICS-LABA or LAMA-LABA = Combination Therapy
- ICS-LABA-LAMA = Triple Therapy
- LABA = Long-Acting Beta<sub>2</sub>-Agonist
- LAMA = Long-Acting Muscarinic Antagonist
- LTRA = Leukotriene Receptor Antagonist
- SABA = Short-Acting Beta<sub>2</sub>-Agonist
- SAMA = Short-Acting Muscarinic Antagonist

# How to use your inhaler and spacer

## MDI, DPI vs. Neb Inhalation Technique

Proper inhalation technique is important when using these medications.

Scan the QR Code to Access How-To Videos



## Resources for Asthma and COPD

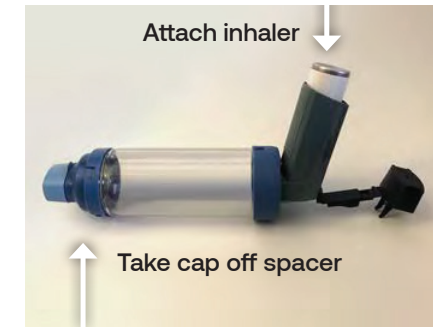
- **Asthma Care Quick Reference**  
[https://www.nhlbi.nih.gov/files/docs/guidelines/asthma\\_qrg.pdf](https://www.nhlbi.nih.gov/files/docs/guidelines/asthma_qrg.pdf)
- **GOLD Reports for COPD**  
[www.goldcopd.org](http://www.goldcopd.org)
- **American Lung Association**  
[www.lung.org/asthma](http://www.lung.org/asthma)    [www.lung.org/COPD](http://www.lung.org/COPD)



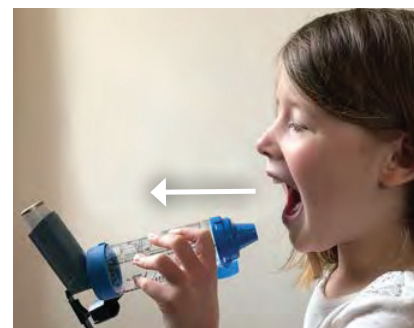
1. Take the cap off the inhaler



2. Shake the inhaler for 5 seconds



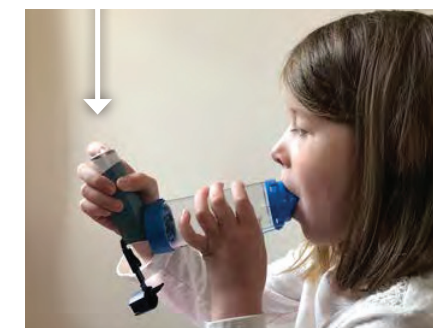
3. Attach to spacer and take cap off spacer



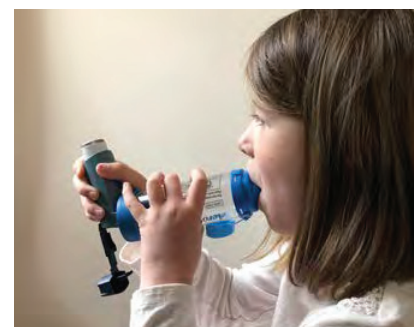
4. Breathe **OUT** all the way



5. Close lips around mouthpiece



6. Press down here



7. Breathe in **SLOWLY, DEEPLY**



8. Hold your breath for 10 seconds if you can. Then breathe out slowly.



If you need another puff of medicine, wait 1 minute then repeat steps 5-9.



9. Rinse with water and **SPIT OUT**

