

Inhaled Steroids

What are other names for these medications?

Generic: Beclomethasone, Budesonide, Flunisolide, Fluticasone, Triamcinolone

Trade name: QVAR, Beclovent, Vanceryl, Pulmicort, Aerobid, Flovent, Azmacort

What does this drug do?

Inhaled steroids prevent acute asthma episodes by decreasing airway sensitivity to triggers and decreasing swelling. Inhaled steroids are not bronchodilators and **will not provide quick relief** during an acute asthma episode.

How is this drug taken?

Inhaled steroids are administered using a metered dose inhaler (MDI), dry powder inhaler (DPI) or nebulizer (Pulmicort respules). A valved holding chamber should be used for proper delivery of the MDI medication.

What is the usual dose?

The usual dose for the inhaled steroid, depending on the medication, is one to three puffs, one to three times a day.

What are the side effects of this drug?

- Thrush, a yeast infection of the mouth and throat, is the most common side effect. Sore throat, hoarse voice and dry mouth may also occur.
- Large doses over long periods of time may cause other side effects such as osteoporosis, weak muscles and altered vision.

What special instructions should be followed?

Rinse the mouth after each treatment. Inhaled steroids should not be stopped abruptly without your doctor's recommendation.

For Pulmicort respules, it is important to use a jet nebulizer, NOT an ultrasonic nebulizer. Pulmicort respules are premixed and do not need to be mixed with saline.

For best results, use a face mask that completely covers your child's nose and mouth. The mask needs to fit snugly so the mist does not get into the child's eyes. When the treatment ends, rinse the child's mouth with water and wash your child's face to help avoid oral thrush or skin irritation.

Your prescribed dose of _____ is _____

taken _____ times a day.

Author: Asthma Management Committee
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Approved by Patient/Family Education Committee
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