






Long-term Controller Asthma Medications

Asthma is a lifelong illness that affects the lungs and airways. With asthma, the airways become twitchy and sensitive. They can become inflamed, produce extra mucus and constrict.

Not everyone with asthma needs a controller medicine, but if prescribed by a doctor, the medicine should be taken every day to reduce inflammation in the airways whether or not there are asthma symptoms. This medicine prevents asthma episodes by reducing swelling and excess mucus.

Common Controller Medications		
<p>Dry Power Inhalers</p>  <p>Pulmicort® Advair®</p> <p>Do not store in the bathroom. Humidity can cause medication to clump.</p>	<p>Metered Dose Inhaler</p>  <p>Symbicort® QVAR® Flovent®</p> <p>If you haven't used your inhaler in more than two days, you may need to "prime it" (shake inhaler and do a test spray).</p> <p>Clean the plastic case once per week. Remove the metal canister and run the case under warm water for 30 seconds. Let air dry before replacing the canister.</p>	<p>Pill</p>  <p>Singularair®</p>
<p>Using a Dry Powder Inhaler (DPI or Diskus®)</p>		<p>Using a Metered Dose Inhaler (MDI) with a Spacer</p>
<ol style="list-style-type: none"> 1. Remove all food, candy or gum from your mouth. 2. Stand up straight. 3. Hold the inhaler level to the floor. 4. Open the inhaler with the mouthpiece facing you. 5. Slide the lever away from you until you hear it click. This means the medicine has been released. Be careful not to tip the inhaler or slide the lever again; the medicine will fall out and it will be wasted. 6. Take a deep breath in and breathe out. 7. Place the inhaler in your mouth, seal your lips tightly around it and take a quick, deep breath. 8. Hold your breath for 10 seconds, and then breathe out. 9. Rinse your mouth with water and spit it out. 		<ol style="list-style-type: none"> 1. Remove any candy, food or gum from your mouth. 2. Stand up straight. 3. Remove the cap of the inhaler and attach it to the spacer. Make sure to clean out any dust or fuzz so that there is nothing inside either one. 4. Shake the inhaler and spacer for five seconds. 5. Breathe out slowly to empty your lungs completely. 6. Put the spacer in your mouth and seal your lips around the mouthpiece. 7. Press down on the inhaler and take a slow deep breath in. 8. Hold your breath for 10 seconds and then breathe out.