Asthma Medicine

There are 2 main types of medicine for asthma.

Daily Preventive Asthma Medicine

- Take it every day, even when you feel fine, as directed by your healthcare provider
- Take it to help prevent asthma symptoms

Rescue Medicine

- Most often taken as a rescue inhaler
- Take your rescue inhaler when you have sudden asthma symptoms

About Your Daily Preventive Asthma Medicine

**Daily preventive asthma medicine taken with an inhaler includes:**
- Inhaled corticosteroid
- Inhaled corticosteroid combined with a long-acting bronchodilator. Your provider may tell you to take this if you still have asthma symptoms while taking an inhaled corticosteroid

**Daily preventive asthma medicine taken as pills includes:**
- Leukotriene modifier
- Theophylline

- These medicines are used to prevent asthma symptoms. Do not use these medicines for sudden asthma symptoms
- Daily preventive asthma medicine helps to reduce swelling inside the airways or relax the airway muscles
- Over time, your provider may stop, change, or add daily preventive asthma medicines
- Talk with your provider before you make any medicine changes

Tip: Take your daily preventive asthma medicine at the same time every day, as directed by your provider.

About Your Rescue Medicine

- Everyone with asthma needs a rescue medicine, such as a rescue inhaler
- A rescue inhaler helps to open your airways when you have sudden asthma symptoms

**Rescue inhaler medicine includes:**
- Albuterol
- Levalbuterol
- Pirbuterol

Tip: Keep your rescue inhaler with you at all times.
Helpful tips when taking your asthma medicines

• If you use your rescue inhaler, circle that day on a calendar
  – Write down how many times you used it
  – Tell your healthcare provider if you use it more than 2 days in a week

• Develop an asthma action plan with your provider at your next visit
  – Asthma symptoms can change from day to day
  – An asthma action plan helps you know what to do when you have asthma symptoms, and should tell you:
    • What medicines to take
    • How much to take
    • When to take them
    • When to get help

What about steroids and asthma?

• The steroids used for asthma are NOT the same as the steroids some people use to build muscle

• You may take a type of steroid called an inhaled corticosteroid every day as a daily preventive asthma medicine. This helps reduce swelling in the airways, which helps relieve asthma symptoms such as coughing and wheezing

• In some cases, corticosteroids are taken as pills or liquids for a short time if asthma symptoms are severe

• Take any asthma medicine as directed by your provider

REMEMBER: Talk with your healthcare provider at each visit about your asthma medicine and your asthma symptoms.