

Therapeutic Options for Older Children > 5 years of age and Adults

Inhaled Corticosteroids (ICSs)	FDA Approved Age	5-11 Years			≥12 years		
		Low Dose: Total Inhs / Day	Medium Dose: Total Inhs / Day	High Dose: Total Inhs / Day	Low Dose: Total Inhs / Day	Medium Dose: Total Inhs / Day	High Dose: Total Inhs / Day
Alvesco (ciclesonide) 80 mcg MDI*	12+				1 – 2	3 – 4	> 4
Alvesco (ciclesonide) 160 mcg MDI*	12+				1	2	> 2
Asmanex Twisthaler (mometasone) 110 mcg DPI	4+	1	2 – 4	> 4	2	4	> 4
Asmanex Twisthaler (mometasone) 220 mcg DPI	12+				1	2	> 2
Flovent HFA (fluticasone) 44 mcg MDI*	4+	2 – 4	5 – 10	> 10	2 – 6	7 – 10	> 10
Flovent HFA (fluticasone) 110 mcg MDI*	4+	1	2 – 4	> 4	2	3 – 4	> 4
Flovent HFA (fluticasone) 220 mcg MDI*	4+		1 – 2	> 2	1	2	> 2
Flovent Diskus (fluticasone) 50 mcg DPI	4+	2 – 4	5 – 8	> 8	2 – 6	7 – 10	> 10
Flovent Diskus (fluticasone) 100 mcg DPI	4+	1 - 2	3 – 4	> 4	1 – 3	4 – 5	> 5
Flovent Diskus (fluticasone) 250 mcg DPI	4+		1 – 2	> 2	1	2	> 2
Pulmicort Flexhaler (budesonide) 90 mcg DPI	12+	2 – 4	5 – 8	> 8	2 – 6	7 – 13	> 13
Pulmicort Flexhaler (budesonide) 180 mcg DPI	12+	1 – 2	3 – 4	> 4	1 – 3	4 – 6	> 6
Pulmicort Respules (budesonide) 0.25, 0.5, or 1 mg NEB	1+	0.5 mg	1 mg	2 mg			
QVAR (beclomethasone) 40 mcg MDI*	5+	2 – 4	5 – 8	> 8	1 – 6	7 – 12	> 12
QVAR (beclomethasone) 80 mcg MDI*	5+	1 – 2	3 – 4	> 4	1 – 3	4 – 6	> 6

Combination Inhalers (Inhaled Corticosteroids/Long-acting Beta2-agonists)	FDA Approved Age	5-11 Years			≥12 years		
		Low Dose	Medium Dose	High Dose	Low Dose	Medium Dose	High Dose
Advair Diskus (fluticasone/salmeterol) 100/50, 250/50, 500/50 DPI	4+	100/50 1 inh BID		250/50 1 inh BID	100/50 1 inh BID	250/50 1 inh BID	500/50 1 inh BID
Advair HFA (fluticasone/salmeterol) 45/21, 115/21, 230/21 MDI*	12+				45/21 2 inhs BID	115/21 2 inhs BID	230/21 2 inhs BID
Dulera MDI (mometasone/formoterol) 100/5, 200/5 MDI*	12+					100/5 2 inhs BID	200/5 2 inhs BID
Symbicort MDI (budesonide/formoterol) 80/4.5, 160/4.5 MDI*	12+				80/4.5 2 inhs BID	160/4.5 2 inhs BID	

NOTE: MDI = Metered Dose Inhaler, DPI = Dry Powder Inhaler, NEB = Solution for nebulization, Inh(s) = Inhalation(s)

*The use of a spacer is encouraged for optimal technique with any MDI.

Asthma Medication Chart

Good asthma control reduces the risk of exacerbations and long-term pulmonary damage.

Therapeutic Options for Older Children > 5 years of age and Adults

Leukotriene Modifiers	FDA Approved Age for Asthma	Dosage
Accolate (zafirlukast) 10 mg TABLETS	5 – 11 years	10 mg twice daily
Accolate (zafirlukast) 20 mg TABLETS	12+	20 mg twice daily
Singulair (montelukast) 4 mg GRANULES	12 – 23 months	4 mg once daily
Singulair (montelukast) 4 mg CHEWABLES	2 – 5 years	4 mg once daily
Singulair (montelukast) 5 mg CHEWABLES	6 – 14 years	5 mg once daily
Singulair (montelukast) 10 mg TABLETS	> 15 years	10 mg once daily

Therapeutic Options for Young Children 0 - 4 years of age

Inhaled Corticosteroids (ICSs)	FDA Approved Age	0 – 4 years		
		Low Dose: Total Inhs per Day	Medium Dose: Total Inhs per Day	High Dose: Total Inhs per Day
Pulmicort Respules (budesonide) 0.25, 0.5, or 1 mg NEB	1+	0.25 – 0.5 mg	> 0.5 – 1 mg	> 1 mg
Flovent HFA (fluticasone) 44 mcg MDI (use spacer and mask)*	4+	2	3 – 4	> 4

Leukotriene Modifiers	FDA Approved Age for Asthma	Dosage
Singulair (montelukast) 4 mg GRANULES	12 – 23 months	4 mg once daily
Singulair (montelukast) 4 mg CHEWABLES	2 – 5 years	4 mg once daily

NOTE: MDI = Metered Dose Inhaler, NEB = Solution for nebulization, Inh(s) = Inhalation(s)

*The use of a spacer is encouraged for optimal technique with any MDI.