

Asthma Medications

Controller Medications

Controller medications are used EVERY DAY even if you feel well to help prevent mucus and asthma attacks. Rinse mouth after use. Always use an inhaler with a spacer.

Important: Controller medications are **NOT** intended for use in breathing emergencies.



Qvar® HFA
40 mcg or 80 mcg
beclomethasone dipropionate



Flovent™ HFA
44, 110, 220 mcg
fluticasone propionate



Flovent® Diskus®
50 mcg, 100 mcg
or 250 mcg
*fluticasone propionate
inhalation powder*



Asmanex®
110, 220 mcg
mometasone



Pulmicort Flexhaler™
90 mcg or 180 mcg
budesonide inhalation powder



Alvesco® HFA
80 mcg or 160 mcg
ciclesonide

Rescue Medications

These fast-acting medications help to relax tight muscles in the lungs and make it easier to breathe. Use this medication when breathing is hard, you are coughing or wheezing, or you are in your yellow or red zone. Always use with a spacer.

Fast-acting Medications (Last 3-6 Hours)



Ventolin® HFA
albuterol sulfate



ProAir™ HFA
albuterol sulfate



Proventil® HFA
albuterol sulfate



Xopenex® HFA
levalbuterol tartrate



**Maxair™
Autohaler™**
pirbuterol acetate

Combination Medications – Both Controller and Long Acting Relief Medication

These have two types of asthma medications, one to prevent mucus and control swelling and one to relax the tight muscles in the lungs for 12 hours. Rinse mouth after use. Always use an inhaler with a spacer.

Important: Combination medications are **NOT** intended for use in breathing emergencies.



Advair Diskus®
100/50 mcg
250/50 mcg
500/50 mcg
fluticasone propionate and salmeterol inhalation powder



Advair® HFA
45mcg/21mcg,
115 mcg/21 mcg,
or 230 mcg/21 mcg
fluticasone/salmeterol



Dulera®
100/5 mcg
200/5 mcg
mometasone furoate and formoterol fumarate



Symbicort® HFA 80 mcg or 160 mcg
budesonide/formoterol fumarate dihydrate

Examples of Patient Self-Help Tools

Asthma Action Plan form with sections for patient information, symptoms, and emergency instructions.

Asthma Action Plan

Authorization for Medication form with sections for physician and patient information, medication details, and signatures.

Authorization Medication Form



Facemask Spacer



Mouthpiece Spacer



Peak Flow Meters

Contact Information: