Medications to Manage Asthma

Most asthma action plans include both long term and quick relief medications.

Long Term Controller Medications

Take Long Term Controller Medicines every day, whether you feel good or bad.

Long Term Controller Medicines:

- Help prevent asthma problems
- Reduce inflammation, irritation and swelling in your airways
- Take days or weeks to “kick in”
- Are important to get and keep asthma under control
- Help people who have symptoms more than one or two times a week

Some long term asthma medications include: Symbicort, Flovent and QVAR
**Medications to Manage Asthma**

### Quick Relief or Rescue Medications

Take **Quick Relief or Rescue Medications** when you have asthma symptoms like wheezing, coughing, or shortness of breath. **These medications:**

- **Do not** prevent asthma problems
- **Do not** reduce inflammation in your airways
- Help prevent death from asthma
- Are important to have with you all the time
- Always use them with a spacer and sometimes with a spacer and a mask
- **Work in minutes**
- Relax the small muscles in the lung and airway to open the airway quickly

- **Names of some of these medications are:**
  ProVentil, ProAir, Albuterol and Ventolin.

If you take Quick Relief Medications **more than 2 times a week,** talk to your doctor about Long-Term Control Medicine.

### Do not run out of medication

- Keep a watch on the number of doses left in your inhaler.
- When you have used about half of the doses, call to get a refill.

**For questions and resources, call 1 (833) 327-8462.**

www.SouthSideKidsAsthma.org

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This document is only to give information. Talk to your doctor about treatment for you.

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