



Taking Inhaled Steroids for Asthma

Long Term Controller Medication

To prevent symptoms of asthma, inhaled steroids must be taken regularly over a period of time. These work to prevent symptoms of asthma by lowering inflammation and swelling in the breathing tubes.

Some inhaled steroids are: Asmanex, Flovent, Pulmicort and QVAR

3 kinds of inhaled steroids

1. Metered Dose Inhaler (MDI)

Must be used with a spacer and if under age 5, use a mask as well



2. Dry Powder Inhaler

Such as a diskus or twisthaler



3. Solution for Nebulization

Must be used with a mask or mouthpiece



Take inhaled steroids

- **Use every day** as prescribed
- Brush teeth or rinse mouth after each use to prevent thrush (a yeast infection in the mouth)

See page 2 for when to call your doctor or nurse.

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Possible side effects

- Thrush (a yeast infection in the mouth)
- Hoarse or rough sounding voice
- Dry throat or mouth
- Strange or bad taste after taking inhaled steroid

Call your doctor or nurse if:

- Symptoms get worse or do not improve
- You have a bad effect or reaction from this medicine

Do not use inhaled steroids to treat an asthma attack.

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**