# 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.
### Taking Inhaled Steroids for Asthma

<table>
<thead>
<tr>
<th>Possible side effects</th>
<th>Call your doctor or nurse if:</th>
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</thead>
<tbody>
<tr>
<td>• Thrush (a yeast infection in the mouth)</td>
<td>• Symptoms get worse or do not improve</td>
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<tr>
<td>• Hoarse or rough sounding voice</td>
<td>• You have a bad effect or reaction from this medicine</td>
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<tr>
<td>• Dry throat or mouth</td>
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<tr>
<td>• Strange or bad taste after taking inhaled steroid</td>
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</table>

**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

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

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