

# Inhaled Controller Medications

Flovent, Dulera, Symbicort, Advair, Pulmicort



## Other names for these medications include:

- Preventer medications
- Controller medications
- Anti-inflammatory medications
- Corticosteroid

**Long-term control medications only work right if you take them every day.**

- Inhaled controller medications are used to control asthma and reduce future asthma attacks.
- These medications help stop the swelling in the airways.
- They make the lungs less sensitive, and reduce bad asthma attacks.
- Even if your child feels good do not stop taking these medications, without talking to your doctor first.

**Controller medications may cause mouth and throat irritation and/or oral yeast infection.**

**Have your child use water to gargle, rinse and spit after each use to reduce irritation and risk of infection.**

In children, long term use of controller medications can delay growth slightly, but benefits of using these medications often outweigh their risks. If you have concerns about medication side effects, please talk to the doctor.

# Inhaled Corticosteroids

## Breath Actuated QVAR.

**Do not use a spacer with this medication!**

### Instructions for use:

The white cap must be closed to prepare the inhaler before each breath. If not closed, it will not deliver the medication.

1. Open the white cap that covers the mouthpiece of the inhaler. Have your child breathe out fully.
2. Have your child place the mouthpiece in their mouth and close their lips around mouthpiece. Make sure they are not covering air vent on top with their hand.
3. Have your child take a slow deep breath, hold their breath for 5– 10 seconds, then remove from mouth and breathe out slowly.
4. Close the white cap to prepare the next dose of medication.

No canister to press; nothing to shake or prime

The medicine only comes out when you breathe in! It's "breath-actuated."

"Spacer-free" design—do not use with a spacer

Attached white cap

Air vents

Built-in dose counter on back



### When should I replace my child's inhaler?

When the dose counter reaches 20, the numbers will change to red, indicating that it is time to refill.

If your child uses the inhaler after the dose counter reaches zero, they may not receive the correct amount of medication.

### How do I clean my child's inhaler?

Wipe the mouthpiece with a clean dry cloth once a week. **Do not wash or put any part of your child's inhaler in water.**