

Quick Reliever Medicines

Short-Acting Beta₂-Agonists (SABA)

Albuterol Sulfate HFA albuterol sulfate 90 mcg 	Albuterol Sulfate Neb 0.64 mg/3 ml; 1.25 mg/3 ml; 2.5 mg/3 ml 	ProAir® Digihaler™ albuterol sulfate 117 mcg 	ProAir® RespiClick albuterol sulfate 117 mcg 	Proventil® HFA albuterol sulfate 120 mcg 	Ventolin® HFA albuterol sulfate 90 mcg 	Xopenex HFA® levalbuterol tartrate 50 mcg 	Xopenex® Neb levalbuterol hydrochloride 0.31 mg/3 ml; 0.63 mg/3 ml; 1.25 mg/3 ml 
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Short-Acting Muscarinic Antagonists (SAMA)

Atrovent® HFA ipratropium bromide 17 mcg 	Atrovent® Neb ipratropium bromide 250/500 mcg 
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Short-Acting Combinations (SABA-SAMA)












Combivent® Respimat® ipratropium bromide and albuterol 20/100 mcg 	DuoNeb® ipratropium bromide and albuterol sulfate 0.5 mg-3 mg/3 ml 
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How-To Videos



Maintenance/Controller Medicines

Inhaled Corticosteroids (ICS) asthma only

Alvesco® HFA ciclesonide 80/160 mcg 	ArmonAir™ RespiClick® fluticasone propionate 55/113/232 mcg 	Arnuity® Ellipta® fluticasone furoate 100/200 mcg 	Asmanex® HFA mometasone furoate 100/200 mcg 	Asmanex® Twisthaler® mometasone furoate 110/220 mcg 	Budesonide Inhalation Suspension 0.25 mg/2 ml; 1.5 mg/2 ml; 1 mg/2 ml 	Flovent® Diskus® fluticasone propionate 50/100/250 mcg 	Flovent® HFA fluticasone propionate 44/110/220 mcg 	Pulmicort® Flexhaler® budesonide 90/180 mcg 	Pulmicort Respules® budesonide inhalation suspension 0.25 mg/2 ml, 0.5 mg/2 ml, 1 mg/2 ml 	QVAR® Redihaler™ beclomethasone dipropionate 40/80 mcg 
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Combination Therapy (Inhaled Corticosteroid - Long-Acting Beta₂-Agonists) (ICS-LABA)

Advair Diskus® fluticasone propionate and salmeterol 100/50, 250/50, 500/50 mcg 	Advair® HFA fluticasone propionate and salmeterol xinafoate 45/21, 115/21, 230/21 mcg 	AirDuo® RespiClick® fluticasone propionate and salmeterol 55/14, 113/14, 232/14 mcg 	Breo® Ellipta® fluticasone and vilanterol 100/25, 200/25 mcg 	Symbicort® budesonide and formoterol fumarate dihydrate 80/4.5, 160/4.5 mcg 	Dulera® mometasone furoate and formoterol fumarate dihydrate 50/5, 100/5, 200/5 mcg 	Wixela™ Inhub™ fluticasone propionate and salmeterol xinafoate 100/50, 250/50, 500/50 mcg 
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Triple Therapy (ICS-LABA-LAMA)

Trelegy Ellipta fluticasone/vilanterol/umeclidinium 100 mcg/62.5 mcg/25 mcg 200 mcg/62.5 mcg/25 mcg 	Breztri Aerosphere® budesonide glycopyrrolate formoterol fumarate 160/9/4.8 mcg 
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Long-Acting Muscarinic Antagonists (LAMA)

Incruse® Ellipta® umeclidinium 62.5 mcg 	Lonhala Magnair® glycopyrrolate 25 mcg/1 ml 	Spiriva® HandiHaler® tiotropium bromide 18 mcg 	Spiriva® Respimat® tiotropium bromide 1.25 mcg 	Tudorza™ Pressair™ aclidinium bromide 400 mcg 	Yupelri® Neb revfenacin 175 mcg/3 ml 
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Long-Acting Beta₂-Agonists (LABA) COPD only




Brovana® Neb arformoterol 15 mcg 	Perforomist® Neb formoterol fumarate dihydrate 20 mcg 	Serevent® Diskus® salmeterol xinafoate 50 mcg 	Striverdi® Respimat® olodaterol hydrochloride 2.5 mcg 
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LAMA-LABA COPD only

Anoro® Ellipta umeclidinium and vilanterol 55/22, 62.5/25 mcg 	Bevespi Aerosphere® glycopyrrolate and formoterol 9/4.8 mcg 	Duaklir® Pressair® aclidinium and formoterol 400/12 mcg 	Stiolto® Respimat® olodaterol and tiotropium bromide 2.5/2.5 mcg 
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Add-On Medicines

Monoclonal Antibody (biologics, injection) **A**

Cinqair® reslizumab 100 mg 	Dupixent® dupilumab 100/200/300 mg 	Fasenra™ benralizumab 30 mg 
Nucala® mepolizumab 100 mg 	Tezspire™ tezepelumab-ekko 210 mg 	Xolair® omalizumab 75/150 mg 

PDE4 Inhibitor

Daliresp® roflumilast 250/500 mcg 

Leukotriene Receptor Antagonists (LTRA)

Singulair® montelukast sodium 4/5/10 mg 	Zyflo® zileuton ER 600 mg 
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Use a valved holding chamber/spacer

All HFA inhalers should be used with a compatible valved holding chamber/spacer.



Definitions

- ICS = Inhaled Corticosteroid
- ICS-LABA or LAMA-LABA = Combination Therapy
- ICS-LABA-LAMA = Triple Therapy
- LABA = Long-Acting Beta₂-Agonist
- LAMA = Long-Acting Muscarinic Antagonist
- LTRA = Leukotriene Receptor Antagonist
- SABA = Short-Acting Beta₂-Agonist
- SAMA = Short-Acting Muscarinic Antagonist
- SMART = Single Maintenance and Reliever Therapy

SMART

SMART (Single Maintenance And Reliever Therapy) is a next-generation asthma treatment containing an ICS (inhaled corticosteroid) with formoterol (long-acting beta agonist) combined into one inhaler. SMART includes formoterol due to its ability to be fast-acting for rapid onset of asthma symptoms (similar to a short-acting beta agonist) with a longer lasting effect. This SMART treatment option may be prescribed to those with moderate to severe persistent asthma, as a daily controller medication (ICS/ formoterol) and/or to treat rapid onset of symptoms as a quick-relief medicine.

Key Messages

- Less complicated to use (one single inhaler) for managing asthma symptoms and just as effective
- Used to treat symptoms when they start and also for daily maintenance
- Always recommend use of MDI with a valved holding chamber/spacer
- This treatment option is not available for everyone. If someone is already well controlled on current treatment, shared decision making is important before making changes.
- Rinse mouth and spit out after use
- Talk to your healthcare provider for more information

Resources for Asthma and COPD

• Asthma Care Quick Reference

https://www.nhlbi.nih.gov/files/docs/guidelines/asthma_qrg.pdf

• GOLD Reports for COPD

www.goldcopd.org

• American Lung Association

www.lung.org/asthma www.lung.org/COPD

How to use a metered-dose inhaler with a valved holding chamber (spacer)

Prime a brand-new inhaler: Before using it for the first time, if you have not used it for more than 7 days, or if it has been dropped.



1. Shake inhaler 10 seconds.



2. Take the cap off the inhaler and valved holding chamber. Make sure the mouthpiece and valved holding chamber are clean and there is nothing inside the mouthpieces.



3. Put inhaler into the chamber/spacer.



4. Breathe out away from the device.



5. Put chamber mouthpiece in mouth.



6. Press inhaler once and breathe in deep and steadily.



7. Hold your breath for 10 seconds, then breathe out slowly.

If you need another puff of medicine, wait 1 minute and repeat steps 4-7.



8. Rinse with water and spit it out.

Proper inhalation technique is important when taking your asthma medicine(s) and monitoring your breathing. Make sure to bring all your medicines and devices to each visit with your primary care provider or pharmacist to check for correct use, or if you have trouble using them.

For more videos, handouts, tutorials and resources, visit Lung.org.

Scan the QR Code to access How-To Videos



You can also connect with a respiratory therapist for one-on-one, free support from the American Lung Association's Lung HelpLine at **1-800-LUNGUSA**.