

# Asthma Stepwise Formulary FOR DAILY CONTROL MEDICATION

## abbreviations:

- **ICS:** inhaled corticosteroid
- **LABA:** long-acting beta<sub>2</sub>-agonist
- **LTRA:** leukotriene receptor antagonist
- **SABA:** short-acting beta<sub>2</sub>-agonist

Consult with asthma specialist for steps 3 and above

## step 1

Step 1, all ages:

NO DAILY CONTROL MEDICATION.  
SABA as needed in all steps, all ages.

## step 2

### 0-4 YRS

- LOW-DOSE ICS** (mark choice):
- fluticasone (Flovent) MDI: 44 mcg: 2 puffs twice daily
  - budesonide (Pulmicort) respules: 0.25 mg: 1 respule twice daily

### 5-11 YRS

- LOW-DOSE ICS** (mark choice):
- fluticasone (Flovent) MDI: 44 mcg: 1-2 puffs twice daily
  - beclomethasone (Qvar) MDI: 40 mcg: 1-2 puffs twice daily
  - budesonide (Pulmicort) DPI: 90 mcg: 1-2 inhalations twice daily
  - budesonide (Pulmicort) respules: 0.25 mg: 1 respule twice daily
  - mometasone (Asmanex) DPI: 110 mcg: 1 inhalation once daily

### 12 YRS to ADULT

- LOW-DOSE ICS** (mark choice):
- fluticasone (Flovent) MDI: 44 mcg: 1-3 puffs twice daily
  - beclomethasone (Qvar) MDI: 40 mcg: 1-3 puffs twice daily
  - budesonide (Pulmicort) DPI: 180 mcg: 1 inhalation twice daily
  - mometasone (Asmanex) DPI: 220 mcg: 1 inhalation once daily

## step 3

### 0-4 YRS

- MEDIUM-DOSE ICS** (mark choice):
- fluticasone (Flovent) MDI: 110 mcg: 1 puff twice daily
  - budesonide (Pulmicort) respules: 0.50 mg: 1 respule twice daily

### 5-11 YRS

#### EITHER...

- LOW-DOSE ICS** (per step 2; mark a choice there)
- + **LABA:** salmeterol (Serevent) DPI: 50 mcg: 1 inhalation twice daily
- or
- + **LTRA:** montelukast (Singulair) by mouth: 5 mg: 1 tablet once daily

#### OR...

- MEDIUM-DOSE ICS** (per step 4; mark a choice there)

### 12 YRS to ADULT

#### EITHER...

- LOW-DOSE ICS** (per step 2; mark a choice there)
- + **LABA (or LTRA):** salmeterol (Serevent) DPI: 50 mcg: 1 inhalation twice daily

#### OR...

- MEDIUM-DOSE ICS** (per step 4; mark a choice there)

## step 4

### 0-4 YRS

- MEDIUM-DOSE ICS** (per step 3; mark a choice there)
- + **LTRA:** montelukast (Singulair) by mouth: 4 mg: 1 tablet once daily, or 1 packet oral granules once daily

### 5-11 YRS

- LABA** (per step 3) + **MEDIUM-DOSE ICS** (mark choice):
- fluticasone (Flovent) MDI: 110 mcg: 1 puff twice daily
- beclomethasone (Qvar) MDI: 80 mcg: 1-2 puffs twice daily
- budesonide (Pulmicort) DPI: 180 mcg: 1-2 inhalations twice daily
- budesonide (Pulmicort) respules: 0.50 mg: 1 respule twice daily
- mometasone (Asmanex) DPI: 220 mcg: 1 inhalation once daily

### 12 YRS to ADULT

- LABA (or LTRA)** (per step 3) + **MEDIUM-DOSE ICS** (mark choice):
- fluticasone (Flovent) MDI: 110 mcg: 1-2 puffs twice daily
- beclomethasone (Qvar) MDI: 80 mcg: 2-3 puffs twice daily
- budesonide (Pulmicort) DPI: 180 mcg: 2-3 inhalations twice daily
- mometasone (Asmanex) DPI: 220 mcg: 1-2 inhalations once daily

## step 5

### 0-4 YRS

- LTRA** (per step 4) + **HIGH-DOSE ICS** (mark choice):
- fluticasone (Flovent) MDI: 110 mcg: 2 puffs twice daily
- budesonide (Pulmicort) respules: 1.0 mg: 1 respule twice daily

### 5-11 YRS

- LABA** (per step 3) + **HIGH-DOSE ICS** (mark choice):
- fluticasone (Flovent) MDI: 110 mcg: 2 puffs twice daily
- beclomethasone (Qvar) MDI: 80 mcg: 2-3 puffs twice daily
- budesonide (Pulmicort) DPI: 180 mcg: 3 inhalations twice daily
- budesonide (Pulmicort) respules: 1 mg: 1 respule twice daily
- mometasone (Asmanex) DPI: 220 mcg: 2 inhalations once daily

### 12 YRS to ADULT

- LABA** (per step 3) + **HIGH-DOSE ICS** (mark choice):
- fluticasone (Flovent) MDI: 220 mcg: 1-2 puffs twice daily
- beclomethasone (Qvar) MDI: 80 mcg: 3-4 puffs twice daily
- budesonide (Pulmicort) DPI: 180 mcg: 3-4 inhalations twice daily
- mometasone (Asmanex) DPI: 220 mcg: 2-3 inhalations once daily

## step 6

### 0-4 YRS

- HIGH-DOSE ICS** (per step 5)
- + **LTRA** (per step 4)
- + **oral systemic steroids** (lowest dose for the shortest duration: 5-10 mg is considered low-dose)

### 5-11 YRS

- HIGH-DOSE ICS** (per step 5)
- + **LABA** (per step 4)
- + **oral systemic steroids** (lowest dose for the shortest duration: 5-10 mg is considered low-dose)

### 12 YRS to ADULT

- HIGH-DOSE ICS** (per step 5)
- + **LABA** (per step 4)
- + **oral systemic steroids** (lowest dose for the shortest duration: 5-10 mg is considered low-dose)