

Asthma Stepwise Formulary FOR DAILY CONTROL MEDICATION

abbreviations:

- **ICS:** inhaled corticosteroid
- **LABA:** long-acting beta₂-agonist
- **LTRA:** leukotriene receptor antagonist
- **SABA:** short-acting beta₂-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)