



# ASTHMA TREATMENT GUIDELINES

## ADDITIONAL INFORMATION SUPPLEMENT

### MAINTENANCE & RELIEVER THERAPY

The use of separate reliever inhaler (SABA) is NOT required

In adults and adolescents over the age of 12 combined maintenance and reliever therapy can be considered for patients who have a history of asthma attacks, on medium dose ICS or ICS/LABA (800-1000mcgs BDP/day) - BTS/SIGN 2016.

### How to Use Symbicort SMART



#### 12+ years

- Symbicort SMART means patients use Symbicort as both their preventer and their reliever
- The SMART dosing regimen applies to both the Symbicort 100/6 and 200/6
- **Adult and adolescent patients ( $\geq 12$  years)**
  - Recommended maintenance dose is two inhalations per day
  - Patients should take one additional inhalation as needed in response to symptoms
- **A total daily dose of more than 8 inhalations is not normally needed:**
  - No more than 6 inhalations on any single occasion
  - Patients using  $>8$  inhalations daily should be strongly recommended to seek medical advice

### How to use Fostair MART



#### 18+ years

- Fostair MART means patients use Fostair as both their preventer and their reliever
- The MART dosing regimen applies to the Fostair 100/6 Metered Dose Inhaler (MDI)
- **Adult patients ( $>18$  years)**
  - Recommended maintenance dose is one inhalation twice a day patients should take one additional inhalation as needed in response to symptoms
- **A maximum of 8 inhalations per day (Maintenance & Reliever)**
- *Patients requiring frequent use of rescue inhalations daily should be strongly recommended to seek medical advice. Their asthma should be reassessed and their maintenance therapy reconsidered*

### LAMA - Long Acting Muscarinic Antagonist 18+ years



This is indicated as an add on bronchodilator treatment in adult patients with asthma who are currently treated with a maintenance combination inhaler (ICS+LABA) at 800mcgs/day BDP equivalent and who experience one or more severe exacerbations in the previous year.

#### Spiriva Respimat 2.5 mcgs

- Two inhalations once a day