



For questions or emergency care, please contact us at 985-327-5905.

UNDERSTANDING YOUR ASTHMA MEDICATIONS

Daily MAINTENANCE medications

These medications are vital in treating and managing the underlying inflammation that causes asthma. Even if you are not having symptoms, it is important that you continue these medications DAILY unless directed by your medical provider. Remember, the reason you may be feeling well on these medications is because they are working. This does not mean you do not need them! These need to be taken daily to be effective (individual doses will vary in number of puffs and number of times taken daily).

*Examples include Singulair (taken at night), Flovent, Asmanex, Pulmicort, Dulera, and Breo.

As needed RESCUE medications

Asthmatics may experience periods of shortness of breath, wheezing, or cough even when they are taking their daily maintenance medication. This indicates the need for a RESCUE medication. Rescue medications work to help dilate the airway and make it easier for you to breathe. This is not a replacement for your maintenance medication! This is used AS NEEDED for asthma symptoms or flares.

*Examples include ProAir and Ventolin.

Additional Information

There may be patients with mild asthma that only need a rescue inhaler every now and then or before exercise. These patients may not be on maintenance asthma medication. Please be sure to listen to the directions of your medical provider regarding YOUR asthma medications as every patient's case is different and management of asthma can change with time.

Call your provider if you are using your rescue inhaler more than two times a week. This may be an indication that you need better or more maintenance medication. The exception to this "rule" is exercise induced asthma. If you have any questions about your medications or treatment plan, please ask your medical provider.