Advice on Medications

- Use controller medications regularly for asthmatic control.
- Consult your doctor or pharmacist to learn proper inhaler techniques.
- Inform your doctor if you need to use your reliever inhaler more frequently than instructed. This may indicate suboptimal asthma control or incorrect use of inhaler.
- When prescribed with both bronchodilator and corticosteroid inhaler, use bronchodilator to dilate the airways first, followed by corticosteroid. This allows corticosteroid to reach your lungs more effectively.
- A short course of oral steroid may be prescribed for asthma attacks.
- Consult your doctor immediately if you experience any allergic reactions, such as skin rash, swelling of face or hands and breathing difficulty.
- Inform your doctor if you are pregnant, planning to become pregnant or breastfeeding.

Lifestyle Advice

- Avoid exposure to asthma triggers, such as tobacco smoke, dust mite and air pollutants.
- Quit smoking.
- Exercise regularly to improve lung function.
- Take enough rest and manage stress.
- Receive up-to-date vaccinations.

This information leaflet is for reference only.

Medicines should be used as directed by the doctor and pharmacist.

For enquiry, please contact your doctor, dispensary staff or other healthcare professionals.

Do not share your medicine with others.
Asthma

Asthma is a chronic respiratory disease that can cause the airways in the lungs to become inflamed and narrow. Symptoms of asthma attack include wheezing, shortness of breath, cough, and chest discomfort. Asthma attacks are triggered by various allergens, such as tobacco smoke, dust mite and air pollutants.

Reliever Medications

Short-acting β2-adrenoceptor agonists (Inhaler: Salbutamol, Terbutaline) They act as bronchodilators to dilate the airways rapidly for quick symptomatic relief of asthma attacks or flare-ups. Side effects include dizziness, headache, palpitations and tremor.

Controller Medications

Long-acting β2-adrenoceptor agonists (Inhaler: Formoterol, Salmeterol) They act as bronchodilators to dilate the airways. They are used in combination with inhaled corticosteroids for maintenance treatment. Side effects include dizziness, headache, palpitations and tremor.

Inhaled Corticosteroids (Inhaler: Beclomethasone, Fluticasone) They reduce inflammation in the airways and should be used regularly. Common side effects include dry mouth, oral thrush and hoarse voice. After using inhaled corticosteroids, rinse your mouth with water and spit it out to reduce the risk of local side effects.

Leukotriene Receptor Antagonists (Montelukast) They reduce airway inflammation and relax the muscles around the airways. Montelukast should be taken in the evening. Common side effects include headache, diarrhoea and cough.

Xanthine (Theophylline) They relax the muscles around airways and suppress response to stimulus. Common side effects include nausea, headache and dizziness.

Long-Acting Anticholinergics (Inhaler: Tiotropium) They dilate the airways. Common side effects include cough, dizziness, dry mouth, headache and nausea.

Storage

Store the medications in a cool, dry place and away from direct heat and light. Generally, there is no need to store in the refrigerator unless stated on drug labels.

Store the medications out of reach of children.