

ROLE OF INHALERS IN OBSTRUCTIVE AIRWAY DISEASES



To improve and manage your symptoms of chronic lung disease, your doctor may have prescribed some inhalers to help reduce your symptoms and prevent flare ups. It is important to take it as prescribed.

INHALERS

MAINTENANCE

(a) Bronchodilators

- Help to relax the muscles in the airways, which can help improve the flow of air into the lungs, thereby reducing breathlessness



Spiriva
Respimat



Spiolto
Respimat



Incruse



Anoro



Ultibro

(b) Inhaled Corticosteroids (ICS)

- Help to reduce airway swelling (inflammation) and decreases mucus production



Beclomethasone
50mcg (Becotide)



Beclomethasone
250mcg (Beclforte)



Pulmicort

(c) Combination of Bronchodilator and ICS - (a) + (b)



Seretide
(25/125mcg and
25/250mcg)



Relvar



Duoresp



Symbicort
(Turbuhaler
and Rapihaler)



Flutiform
(125/5mcg and
250/10mcg)

Things to Note:

- These inhalers should be taken daily either once or twice a day as prescribed by your doctor (*you may be prescribed with more than one maintenance inhaler)
- Use it daily even when you do not feel breathless
- These inhalers help to control symptoms and prevent flare ups
- The effects of the medications can last up to 12 to 24 hours

RELIEVERS

Short-acting Bronchodilators

- Also known as short-acting medication
- Works quickly to provide relief from breathlessness



Salbutamol



Atrovent

Things to note:

- These medications are usually taken only when you feel breathless
- Always bring along your medication when you go out or do exercise
- You may use it before engaging in activities that will make you breathless (e.g. showering, exercising)

As these medications are delivered directly to your lungs, the correct technique is important to ensure the medication is delivered effectively. If you need your inhaler technique to be checked, please inform your doctor or respiratory nurse. You may also refer to the QR codes for further information.



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