

LSCMMG Asthma Guideline for Adults (aged 17 years and over) – **EXAMPLE** Inhaler Pathways for **Fixed Dose Regimen**

- **Other pathways are available eg Easyhaler / Breezhaler in line with local policies** • All inhalers must be prescribed by brand. • Check Inhaler technique at every visit. • A Dry Powder Inhaler (DPI) should be the first choice for inhaled therapy, if clinically appropriate • A Short Acting Beta 2 Agonist (SABA) Reliever Therapy is also required on fixed dose regimens (To be continued throughout pathway) • **Please consider environmental impact** (<https://www.lancsmmg.nhs.uk/media/1621/greener-asthma-guideline-v1-post-april-2022-lscmmg.pdf>) • **Any new inhaler or change in regimen should be reviewed after 4 weeks**



Examples of Dry Powder Inhaler Fixed Regimen Pathway			
Low Dose ICS	Low Dose ICS + LABA	Medium Dose ICS +LABA	High Dose ICS +LABA
<p>QVAR 100 Autohaler beclometasone dipropionate 100µg /puff 1 puff twice daily</p> 	<p>Fostair Nexthaler 100/6 formoterol fumarate dihydrate 6µg and beclometasone dipropionate 100µg /puff 1 puff twice daily</p> 	<p>Fostair Nexthaler 100/6 formoterol fumarate dihydrate 6µg and beclometasone dipropionate 100µg /puff 2 puffs twice daily</p> 	<p>Fostair Nexthaler 200/6 formoterol fumarate dihydrate 6µg and beclometasone dipropionate 200µg /puff 2 puffs twice daily</p> 
<p>Pulmicort 200 Turbohaler budesonide 200µg /puff 1 puff twice daily</p> 	<p>Symbicort 100/6 Turbohaler formoterol fumarate dihydrate 6µg and budesonide 100µg /puff 2 puffs twice daily</p> 	<p>Symbicort 200/6 Turbohaler formoterol fumarate dihydrate 6µg and budesonide 200µg /puff 2 puffs twice daily</p> 	<p>Symbicort 400/12 Turbohaler formoterol fumarate dihydrate 12µg and budesonide 400µg /puff 2 puffs twice daily</p> 
<p>Flixotide 100 Accuhaler fluticasone propionate 100µg /inhalation 1 -2 puffs twice daily</p> 	<p>Relvar Ellipta 92/ 22 vilanterol 22 µg and fluticasone furoate 92 µg /puff 1 puff daily</p> 	<p>Relvar Ellipta 92/ 22 vilanterol 22 µg and fluticasone furoate 92 µg /puff 1 puff daily</p> 	<p>Relvar Ellipta 184/22 vilanterol 22µg and fluticasone furoate 184µg /puff 1 puff daily</p> 








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- All inhalers must be prescribed by brand.
- Check Inhaler technique at every visit.
- A Dry Powder Inhaler (DPI) should be the first choice for inhaled therapy, if clinically appropriate
- A routine separate reliever inhaler is not needed.
- In persons using a MART regime, a persistent requirement for PRN doses of their inhaler more than twice per week indicates poor asthma control and should prompt a review of therapy.
- If necessary to increase ICS to a high maintenance dose + LABA then change to a fixed dose regimen
- **Any new inhaler or change in regimen should be reviewed after 4 weeks**
- **Please consider environmental impact**

(<https://www.lancsmmg.nhs.uk/media/1621/greener-asthma-guideline-v1-post-april-2022-lscmmg.pdf>)

Stepping UP ➔

Stepping DOWN ←

Low Dose ICS + LABA	Medium Dose ICS +LABA
<p>Fostair Nexthaler 100/6 formoterol fumarate dihydrate 6µg and beclometasone dipropionate 100µg /puff 1 puff twice daily Additional puffs as required (Max of 8 / day)</p> 	<p>Fostair Nexthaler 100/6 formoterol fumarate dihydrate 6µg and beclometasone dipropionate 100µg /puff 2 puffs twice daily Additional puffs as required (Max of 8 / day)</p> 
<p>Symbicort 200/6 Turbohaler formoterol fumarate dihydrate 6µg and budesonide 200µg /puff 1 puff twice daily Additional puffs as required (Max of 12 / day)</p> 	<p>Symbicort 200/6 Turbohaler formoterol fumarate dihydrate 6µg and budesonide 200µg /puff 2 puffs twice daily Additional puffs as required (Max of 12 / day)</p> 
<p>Duospir Spiromax 160/4.5 formoterol fumarate dihydrate 6µg and budesonide 200µg /puff 1 puff twice daily Additional puffs as required (Max of 12 / day)</p> 	<p>Duospir Spiromax 160/4.5 formoterol fumarate dihydrate 6µg and budesonide 200µg /puff 2 puffs twice daily Additional puffs as required (Max of 12 / day)</p> 
<p>Fobumix Easyhaler 160/4.5 formoterol fumarate dihydrate 4.5µg and budesonide 160µg /puff 1 puff twice daily Additional puffs as required (Max of 12 / day)</p> 	<p>Fobumix Easyhaler 160/4.5 formoterol fumarate dihydrate 4.5µg and budesonide 160µg /puff 2 puffs twice daily Additional puffs as required (Max of 12 / day)</p> 