



Indiana Chronic Disease
Management Program

Common Names

These are some of the common inhaled corticosteroids:

- Azmacort
- Aerobid
- Pulmicort Turbuhaler
- Pulmicort Respules
- Flovent (Note: comes in three strengths- know which one you take)
- Advair (combination Flovent and Serevent)
- QVAR

For further information contact the Indiana Chronic Disease Management Program at www.indianacdmpprogram.com or call your doctor.

Breathe Easier

INHALED CORTICOSTEROIDS (Long-Term Controller Medicines)

Action

- Prevents and reduces swelling inside the breathing tubes and lessens the amount of mucus in the lungs.
- Anti-inflammatory

Different Kinds that are Prescribed

- Metered Dose Inhaler
- Disc Inhaler
- Aerosol

Inhaled Corticosteroids

- Safe when taken as ordered and doses are monitored
- May take up to a week to start working
- Must be taken EVERY DAY to work

Possible Side Effects

- Yeast infection in the mouth (thrush)
- Cough
- Hoarse Voice
- Soreness of the mouth or throat
- Slowing of growth
- Eye effects- cataracts. This is very rare and only with high doses.

Important Things to Remember

- To avoid side effects:
 1. **Always** use a spacer device with your metered dose inhaler.
 2. **Always** rinse your mouth after taking your medicine. For older children have them swish the water and spit it out. For infants, give them a bottle to drink.
- Inhaled Corticosteroids are not the same as the “steroids” that some athletes use.
- If your child takes a bronchodilator medicine, give it before the inhaled steroid. This helps the inhaled steroid move into the lungs better. Wait 3-5 minutes after the bronchodilator to give the inhaled steroid.
- **Inhaled steroids are not bronchodilators.** Inhaled steroids do not help right away when a person is having trouble breathing. If wheezing is present, use the bronchodilator and call your doctor.
- **It can be dangerous** to use inhaled steroids alone during an asthma attack (coughing, wheezing, and difficult breathing). **Call your doctor if you are unsure of what to do for your child.**
- If your child is exposed to anyone with chicken pox (and your child has not had chicken pox or the chicken pox vaccine) or breaks out in chicken pox while on steroids, **call your doctor.**