









RECOMMENDED ASTHMA DISCHARGE MEDICATIONS*			
Recommend follow up with primary care provider (ideally within 7 days of exacerbation). If primary care provider is not available or if severe exacerbation requiring admission despite already being prescribed a daily inhaled corticosteroid (ICS) consider referral to pediatrician/asthma clinic.			
	DRUG	DOSE Consider puffs per canister pricing when prescribing MDI's	CONSIDERATIONS
RELIEVER (BETA AGONIST)	salbutamol MDI (100 mcg/puff) (Teva®/ Airomir™)  (Ventolin®; APO-Salbutamol; SANIS-Salbutamol) 	2-4 puffs q4h PRN	Prescribe a reliever for ALL patients with asthma. Prescribe a spacer with mouthpiece (age greater than or equal to 5 years) or spacer with mask for use with ALL MDIs***. Age greater than or equal to 12 years: salbutamol OR if patient was previously prescribed budesonide/ formoterol, consider use as both controller and reliever therapy . Some patients may struggle with appropriate technique when using a DPI for acute rescue due to inability of forceful inhalation.
	budesonide/formoterol DPI (200/6mcg) (Symbicort®)** 	Age greater than or equal to 12 years. Rapid symptom relief: 1 inhalation PRN. May repeat if no relief. MAX 8 inhalations per day.	Symbicort® requires Special Authority for coverage. Pharmacare requires patients to have trialed an ICS prior to providing coverage for Symbicort®, even if it is being used as a reliever therapy. There is no evidence for ipratropium in ongoing asthma management after the initial 3 doses.
CONTROLLER (INHALED CORTICOID STEROID/ICS)	beclomethasone dipropionate HFA (QVAR®) 	Starting dose: 100 mcg BID	All children presenting with an asthma exacerbation should go home on a moderate dose of daily ICS for a minimum duration of 3 months to 1 year . This includes those presenting with mild asthma exacerbations. Advise to not discontinue unless directed by primary care provider. Provide refill prescription based on duration of need versus doses (i.e., fluticasone for 6 months). This enables a pharmacist to provide adequate supply.
	fluticasone propionate MDI (Flovent®) 	Starting dose: 125 mcg BID****	
	ciclesonide MDI (Alvesco®) 	Starting dose: 200 mcg daily	
	Budesonide DPI (Pulmicort®) 	Starting dose: 200 mcg BID	
	fluticasone propionate DPI (Flovent®) 	Starting dose: 100 mcg BID	
ORAL STEROID	dexamethasone	Provided during initial and ongoing management only (second dose provided if in hospital greater than 24 hours with moderate/severe PRAM)	An oral steroid should be provided and/or prescribed for ALL patients presenting with moderate or severe exacerbations (PRAM greater than or equal to 4). Dexamethasone OR prednisone/prednisolone. Dexamethasone is preferred due to better tolerance. If suspension unavailable, tablets can be halved or quartered then crushed and added into a small amount of food.
	prednisone or prednisolone	1 mg/kg/dose (MAX 60 mg/dose) PO once daily for 5 days (including dose given during initial management)	

MDI = Metered Dose Inhaler; DPI= Dry Powder Inhaler; HFA= Hydrofluoroalkane


ciclesonide 100 mcg = fluticasone 125 mcg = beclomethasone 100mcg = budesonide 200 mcg³⁹


* Adapted from TREKK 2023 Asthma Bottom Line Recommendations⁴ and 2021 Canadian Thoracic Society Guideline³¹

**Symbicort: this dry powder inhaler is available as budesonide/formoterol 100mcg/6mcg and 200mcg/6mcg, if using it as a controller and reliever either dose can be used, if using as a reliever alone the 200mcg/6mcg dose is approved

***Age that a child can use a spacer with mouthpiece is often around 5 years old, they need to be able to form a seal around the mouthpiece and cooperate with instructions

****the approved dose of fluticasone propionate in children 1-4 years old is 100 mcg bid however the 125 mcg inhaler is often used for adherence and cost

 Lowest environmental impact option (per inhaler carbon footprint of 5 to 27.1 km by car)¹⁷

 Mid-range environmental impact option (per inhaler carbon footprint of 38.8 - 50 km by car)¹⁷

 Higher environmental impact option (per inhaler carbon footprint of greater than 100 km by car)¹⁷