

Name of Child: \_\_\_\_\_ Date: \_\_\_\_\_

# Asthma Medicine

There are two types of asthma medicine: medicines that control asthma and medicines that rescue you from an asthma flare.

## Medicines to use every day - Controller Medicines

### Medicines that control asthma, also called controller medicines

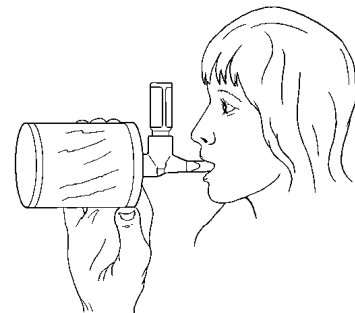
These medicines prevent asthma symptoms. They will not stop an asthma flare. They will not relieve asthma symptoms that have started.

These medicines must be taken every day. If you don't have asthma symptoms, it means these medicines are working.

Some medicines that control asthma are:

- Accolate, Singulair, Zflo
- AeroBid, Azmacort, Beclovent, Flovent, Pulmicort, Vanceril
- Serevent, Foradil
- Advair
- prednisone, prednisolone
- theophylline

Do not stop taking controller medicines, even during a flare, because they prevent asthma symptoms.



**Use controller  
medicines every day.  
They prevent  
asthma symptoms.**

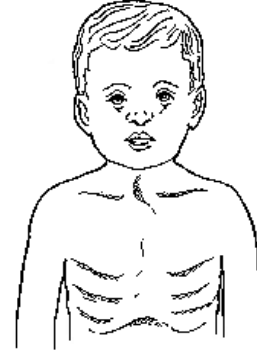
# Medicines to use only when needed - Rescue Medicines

Medicines that rescue you from an asthma flare, also called **reliever medicines**

These medicines work right away to relieve asthma symptoms. Use these only when there are asthma symptoms

Some medicines that **relieve asthma symptoms** are:

- albuterol, Maxair, Proventil, Ventolin, Tornalate, Xopenex
- ipratropium, Atrovent



**Use rescue medicines only when there are asthma symptoms.**

## Never run out of medicine

Get more medicine before you run out.

**Check the label.** The label will say how many more times you can refill the medicine. If you have no refills left, call your doctor or nurse practitioner and ask for a new prescription. The pharmacy cannot refill the medicine unless the doctor prescribes it.

**Ask your pharmacy how you can order refills.** Every drug store is different. You may be able to call them or order a refill by computer.

**Plan ahead.** Order your refill before you run out. It could take several days to get more medicine.

**Keep your appointments with the doctor or nurse practitioner,** even if your child is not sick. They need to see how well your child's asthma is being controlled before writing a prescription for more medicine.

## Now that you've read this:

- Name the controller medicines your child takes to prevent asthma symptoms. (Check when done.)
- Name the rescue medicines your child takes to relieve asthma symptoms. (Check when done.)
- Tell your nurse, doctor, or respiratory therapist how you will know when to order more medicine. (Check when done.)
- Tell your nurse, doctor, or respiratory therapist what you would do if a medicine has no refills left. (Check when done.)



If you have any questions or concerns,  
 call your child's doctor or  call \_\_\_\_\_

If you want to know more about child health and illness,  
visit our library at The Emily Center at Phoenix Children's Hospital  
1919 East Thomas Road  
Phoenix, AZ 85016  
602-546-1400  
[www.phoenixchildrenshospital.com](http://www.phoenixchildrenshospital.com)

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Thursday, October 13, 2005 • DRAFT to family review  
#868 • Written by Monica Holmberg, PharmD • Illustrated by Dennis Swain



Si usted desea esta información en español,  
por favor pídasela a su enfermero o doctor.

Name of Health Care Provider: \_\_\_\_\_ Number: 868  
For office use: Date returned: \_\_\_\_\_  db  nb

## Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read?  Yes  No

easy to read?  Yes  No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read?  Yes  No

Why or why not?

Would you do anything differently after reading  
this handout?  Yes  No

If yes, what?

After reading this handout, do you have any  
questions about the subject?  Yes  No

If yes, what?

Is there anything you don't like about the drawings?

Yes  No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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Thank you for helping us!