

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.
- 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 See [Greener Asthma Adult Guideline](#)
- Any new inhaler or change in regimen should be reviewed after 4 weeks

Stepping UP 

Stepping DOWN 








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

LSCMMG Asthma Guideline for Adults (aged 17 years and over):
EXAMPLE Inhaler Pathways for MART Regimen

- 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** See [Greener Asthma Adult Guideline](#)

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>Duoresp 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>Duoresp 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> 