

ADULT**Estimated Comparative Daily Dosages for Inhaled Steroids:**

Inhaled Steroid	Low Dose	Medium Dose	High Dose
Fluticasone MDI:			
(Flovent)	2-6 puffs – 44 mcg	2-6 puffs – 110 mcg	>6 puffs – 110 mcg
44, 110, 220 mcg/puff	2 puffs – 110 mcg	1-3 puffs – 220 mcg	>3 puffs – 220 mcg
DPI:			
50, 100, 250 mcg/dose	2-5 inhalations – 50 mcg	3-6 inhalations – 100 mcg	>6 inhalations – 100 mcg >2 inhalations – 250 mcg
Budesonide DPI			
(Pulmicort)	1-3 inhalations	3-6 inhalations	>6 inhalations
200 mcg/dose			
Flunisolide (Aerobid)			
250 mcg/puff	2-4 puffs	4-8 puffs	>8 puffs
Triamcinolone acetonide (Azmecort)			
100 mcg/puff	4-10 puffs	10-20 puffs	>20 puffs
Beclomethasone CFC			
(Beclorvent, Vancril)			
42 mcg/puff	4-12 puffs – 42 mcg	12-20 puffs – 42 mcg	>20 puffs – 42 mcg
84 mcg/puff	2-6 puffs – 84 mcg	6-10 puffs – 84 mcg	>10 puffs – 84 mcg
Beclomethasone HFA			
(QVAR)			
40 mcg/puff	1-3 puffs – 80 mcg	3-8 puffs – 80 mcg	>8 puffs – 80 mcg
80 mcg/puff			

Combination Therapy: Inhaled Steroids and Long-acting Beta2-agonist

Inhaled Steroid	Low Dose	Medium Dose	High Dose
Fluticasone & Sameterol			
(Advair Diskus)		1 Inhalation – blister	1 Inhalation – blister
DPI:		q 12 hours	q 12 hours
100/50mcg			
250/50mcg		100 - 250 mcg Fluticasone	500 mcg Fluticasone
500/50mcg		50 mcg Sameterol	50 mcg Sameterol

Long-acting Beta2 – agonist (Use with inhaled corticosteroid. Not for symptom relief or exacerbation.)

Generic name	Brand Name	Dosage form(s)	Dose
Sameterol	Severent	MDI: 21 mcg/puff	2 puff q 12 hours
	Severent Diskus	DPI: 50mcg/blister	1 blister q 12 hours.
Formoterol	Foradil	DPI: 12 mcg/single-use capsule	1 capsule q 12 hours

Leukotriene modifiers:

Generic name	Brand Name	Dosage form(s)	Dose
Montelukast	Singulair	5 mg, chewable age 6 - 14. 10 mg, for ages >14 yrs.	1 tablet qhs.
Zafirlukast	Accolate	Tablet: 20 mg for ages ≥ 12 yrs.	1 tablet b.i.d. Take 1 hour before or 2 hours after meals.
Zileuton	Zyflo Filmtab	Tablet: 600mg, for ages ≥ 12 yr	1 tablet q.i.d.

Cromolyn sodium/Nedocromil sodium:

Generic name	Brand Name	Dosage form(s)	Dose
Cromolyn sodium	Intal	MDI: 1mg/puff Nebulizer solution: 20mg/2mL ampule	2-4 puffs, t.i.d. – q.i.d. 1 ampule, t.i.d. – q.i.d.
Nedocromil sodium	Tilade	MDI: 1.75 mg/puff.	2-4 puffs, b.i.d. – q.i.d.

Systemic Corticosteroids

Generic name	Dosage Form	Dose
Prednisone	1, 2.5, 5, 10, 20, 50 mg. tablets 5mg/cc, 5mg/5cc	Short-course "burst" to achieve control: 40-60 mg per day as single or 2 divided doses for 3 - 10 days. Do not taper.