

Children ≤12 Years

Estimated Comparative Daily Dosages for Inhaled Steroids:

Inhaled Steroid	Low Dose	Medium Dose	High Dose
Fluticasone (Flovent)			
MDI:			
44, 110, 220 mcg/puff	2-4 puffs – 44 mcg	2-4 puffs – 110 mcg	>2 puffs – 220 mcg
DPI:			
50, 100, 250 mcg/dose	2-4 inhalations – 50 mcg	2-4 inhalations – 100 mcg	>2 inhalations – 250 mcg
Budesonide DPI (Pulmicort)			
200 mcg/dose	1-2 inhalations	2-4 inhalations	>4 inhalations
Budesonide (Pulmicort Respules)			
Nebulizer solution: 0.25mg/dose & 0.5mg/dose	Nebulizer solution: 0.5 mg 1 ampule	Nebulizer solution: 0.5 mg 2 ampules	Nebulizer solution: 0.5 mg 4 ampules
Flunisolide (Aerobid)			
250 mcg/puff	2-3 puffs	4-5 puffs	>5 puffs
Triamcinolone acetonide (Azmacort)			
100 mcg/puff	4-8 puffs	8-12 puffs	>12 puffs
Beclomethasone CFC (Beclivent, Vanceril)			
42 mcg/puff	4-8 puffs – 42 mcg	8-16 puffs – 42 mcg	>16 puffs – 42 mcg
84 mcg/puff	2-4 puffs – 84 mcg	4-8 puffs – 84 mcg	>8 puffs – 84 mcg
Beclomethasone HFA (QVAR)			
40 mcg/puff 80 mcg/puff	1-2 puffs – 80 mcg	2-4 puffs – 80 mcg	>4 puffs – 80 mcg

Combination Therapy: Inhaled Steroids and Long-acting beta2-agonists

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

Long-acting beta2 – agonists (DO NOT USE in place of Inhaled Steroid therapy)

Generic name	Brand Name	Dosage form(s)	Dose
Sameterol	Severent	MDI: 21 mcg/puff	1-2 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	Tablet: 4 mg, chewable age 2 - 5 5 mg, chewable age 6 - 14.	1 tablet in evening
Zafirlukast	Accolate	Tablet: 10 mg, for ages 6-11 yrs. 20 mg for ages ≥ 12 yrs.	1 tablet b.i.d. Take 1 hour before or 2 hours after meals

Cromolyn sodium/Nedocromil sodium:

Generic name	Brand Name	Dosage form(s)	Dose
Cromolyn sodium	Intal	MDI: 1mg/puff	1-2 puffs, t.i.d. – q.i.d.
		Nebulizer solution: 20mg/2ml ampule	1 ampule, t.i.d. – q.i.d.
Nedocromil sodium	Tilade	MDI: 1.75 mg/puff.	1-2 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": 1-2 mg/kg/day maximum 60mg/day for 3-10 days. Do not taper.