

Quick Guide to Greener and Cost Effective Inhaler Switches (Adults)****

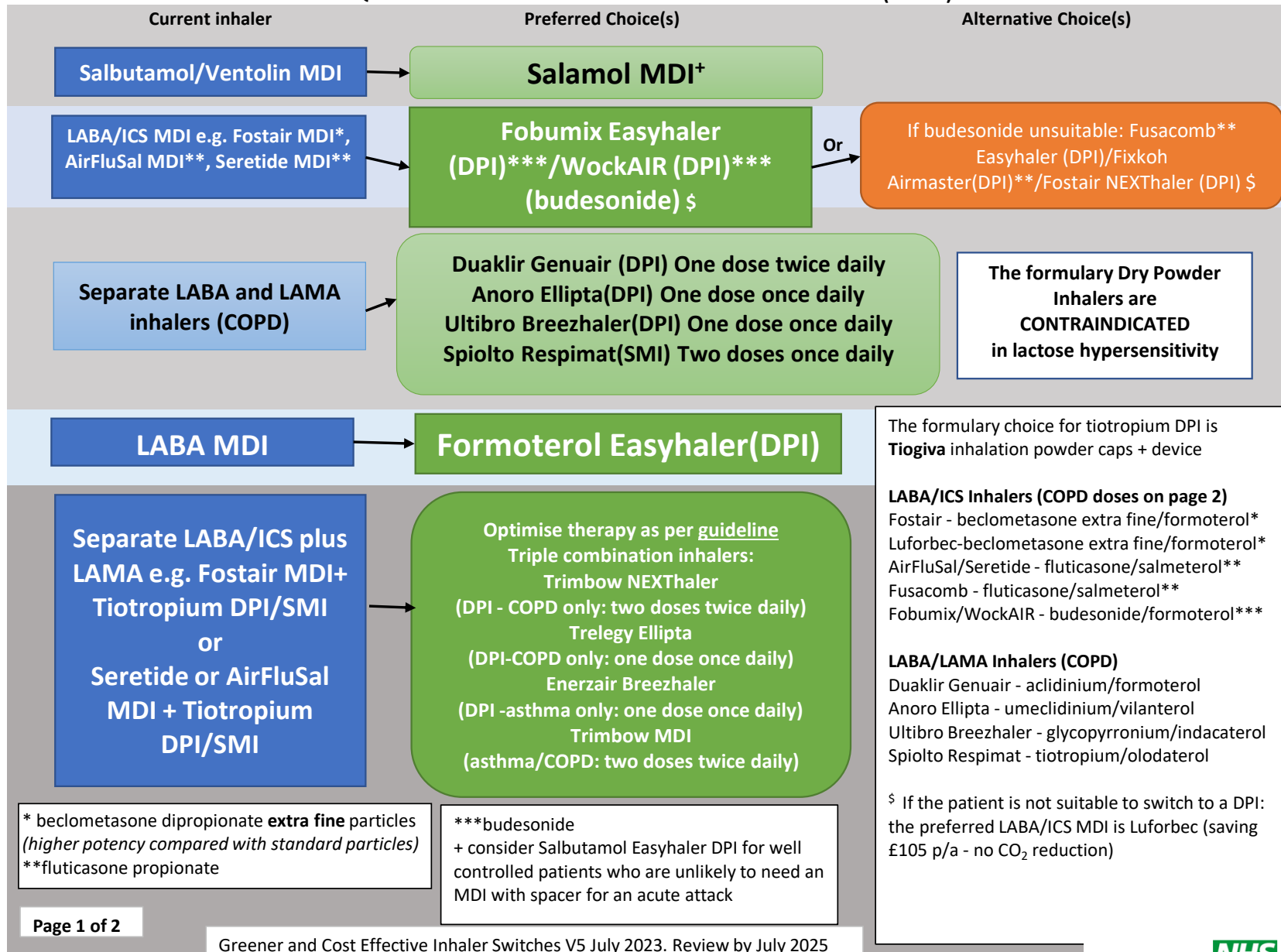


Table 1 ICS dosages for adults aged 17 years and over **** #

	Low dose	Moderate dose	High dose
Beclometasone dipropionate			
Standard particle CFC-free inhalers	200–500 micrograms per day in 2 divided doses	600–1,000 micrograms per day in 2 divided doses	1,200–2,000 micrograms per day in 2 divided doses
Extra-fine particle CFC-free inhalers	100–200 micrograms per day in 2 divided doses	300–400 micrograms per day in 2 divided doses	500–800 micrograms per day in 2 divided doses
Budesonide			
Dry powder inhalers	200–400 micrograms per day as a single dose or in 2 divided doses	600–800 micrograms per day as a single dose or in 2 divided doses	1,000–1,600 micrograms per day in 2 divided doses
Fluticasone propionate			
Metered dose and dry powder inhalers³	100–250 micrograms per day in 2 divided doses	300–500 micrograms per day in 2 divided doses	600–1,000 micrograms per day in 2 divided doses
Fluticasone furoate			
Dry powder inhaler	–	100 micrograms as a single daily dose	200 micrograms as a single daily dose
Mometasone furoate			
Dry powder inhaler	200 micrograms per day as a single dose a day	400 micrograms per day in 2 divided doses	Up to 800 micrograms per day in 2 divided doses

*****Suggested switches do not imply equivalent steroid potency. For asthma patients, prescribers should refer to table 1 AND the SPC to ensure they prescribe an inhaler with equivalent steroid content. For COPD, patients should be switched to the licensed dose (see box opposite⁺⁺). Refer to the SPC to confirm the licensed indications of any inhaler.*

++COPD Only - Licensed ICS doses

Fusacomb Easyhaler 500/50 DPI : one dose twice daily**
 WockAIR/Fobumix Easyhaler 160/4.5 DPI : two doses twice daily***
 WockAIR/Fobumix Easyhaler 320/9 DPI: one dose twice daily***
 Fostair 100/6 MDI/DPI: 2 puffs twice daily*
 Luforbec 100/6 MDI: 2 puffs twice daily*

Asthma Only - MART Therapy

Fobumix Easyhaler DPI: 80/4.5 and 160/4.5 only***
 WockAIR 160/4.5 strength only***
 Fostair MDI/DPI: 100/6 strength only*
 Luforbec MDI: 100/6 strength only*

The correct inhaler technique for MDI use requires the ability to breathe in through the mouth, SLOWLY and STEADILY over 4 to 5 seconds. For correct DPI use, a breath should be taken in through the mouth, QUICKLY and DEEPLY over 2 to 3 seconds.

See [Rightbreathe](#) for further information/videos

MDI = metered dose inhaler
 DPI = dry powder inhaler
 SMI = soft mist inhaler

#Guidance regarding issue of the steroid emergency card can be found [here](#)

Please be aware that this guidance does not replace the need for individual assessment of the patient. The practices of shared decision making [Patient decision aid: Inhalers for asthma \(nice.org.uk\)](#) and clinical judgement are essential.