



Inhaler Guidance in pictures



SABA = short-acting β 2-agonist; LABA = long-acting β 2-agonist; ICS = inhaled corticosteroid;
 LAMA = long-acting muscarinic antagonist; LTRA=leukotriene receptor antagonist

ASTHMA

SABA

1 st choice	2 nd choice
Salbutamol MDI 100micrograms	Easyhaler® Salbutamol 100micrograms
One or two inhalations as required 200 doses £1.46 	One or two inhalations as required 200 doses £3.31 

Regular preventer therapy with low dose ICS

1 st choice		
Soprobec® 100 micrograms MDI (beclometasone dipropionate)	OR	Easyhaler® Beclometasone 200 microgram
Two inhalations twice daily £3.34 		One inhalation twice daily £4.48 

2nd choice

Easyhaler® Budesonide 100 microgram

Two inhalations **twice** daily



£5.32



Asthma

Initial add on therapy: add inhaled LABA to low dose ICS (as combination inhaler)

1st choice

Fostair® 100/6 MDI ** (beclometasone/formoterol)	OR	Fobumix® Easyhaler® 160/4.5** (budesonide/formoterol)
One inhalation twice daily £14.66		One inhalation twice daily £10.75
		

**** Both Fostair® 100/6 and Fobumix® Easyhaler® 160/4.5 can be used as Maintenance and Reliever Therapy (MART)**

Asthma



Additional controller therapies

- No response to LABA - stop LABA and consider increased dose of ICS to medium dose or initiate a trial of LTRA.



- Response to LABA but control remains suboptimal recheck the diagnosis, assess adherence to existing medication and check inhaler technique before increasing therapy. If more intensive treatment is appropriate then consider the following:
 - continue LABA and increase ICS to medium dose (1st choice Airflusal® 125/25 MDI or Fobumix® Easyhaler® 160/4.5)

OR

continue LABA & ICS and consider trial of other therapy – LTRA (montelukast 10mg tablets one each evening, LAMA (Spiriva® Respimat ® 2.5 micrograms – Two inhalations once daily) or SR theophylline (Uniphyllin®)
 Ensure each is given on a trial basis if no response discontinue and reassess.

1 st choice		
Airflusal® 125/25 MDI (fluticasone/salmeterol)	OR	Fobumix® Easyhaler® 160/4.5 (budesonide/formoterol)
Two inhalations twice daily £16.42		Two inhalations twice daily £21.50
		

OR

2 nd choice		
Fostair® 100/6 MDI (beclometasone/formoterol)	OR	Relvar® Ellipta® 92/22 (fluticasone /vilanterol)*
Two inhalations twice daily £29.32		One inhalation once daily £22.00
		

Other inhaled therapies

Spiriva® Respimat® 2.5 micrograms (tiotropium)

Two inhalations **once** daily

£23.00



Asthma

Specialist therapies

All patients whose asthma is not adequately controlled on recommended initial or additional controller therapies should be referred for specialist care. If asthma control remains inadequate on medium dose ICS and LABA or LTRA the following can be considered increasing ICS to high dose / addition of 4th drug e.g. LTRA, (montelukast 10mg tablets one each evening, LAMA (Spiriva® Respimat® 2.5 micrograms – Two inhalations once daily) or SR theophylline (Uniphyllin®)

1st choice

Airflusal® 250/25 MDI (fluticasone/salmeterol)

Two inhalations **twice** daily
£20.52



OR



Fobumix® Easyhaler® 320/9 (budesonide/formoterol)

One - Two inhalations **twice** daily
£21.50- £43.00



OR



2nd choice

Fostair® 200/6 MDI (beclometasone/formoterol)	OR	Relvar® Ellipta® 184/22 (fluticasone /vilanterol)*
Two inhalations twice daily with spacer £29.32 		One inhalation once daily £29.50 



Continuous or frequent use of oral corticosteroids - Refer for specialist care

COPD



SABA

1 st choice	2 nd choice
Salbutamol MDI 100micrograms	Easyhaler® Salbutamol 100micrograms
One or two inhalations as required 200 doses £1.46 	One or two inhalations as required 200 doses £3.31 



LABA

1 st choice	
Atimos Modulite® MDI 12 micrograms MDI (formoterol)	Formoterol Easyhaler® 12 micrograms
One to two inhalations twice daily £18.04 – 36.08 	One to two inhalations twice daily £11.87 – 23.75 

LAMA



1 st choice		
Spiriva® Respimat® 2.5 micrograms (tiotropium)	OR	Incruse® Ellipta® 55 micrograms (umeclidinium)*
Two inhalations once daily £23.00 		One inhalation once daily £27.50 

ICS/LABA



1 st choice		
Relvar® Ellipta® 92/22 (fluticasone/vilanterol)*	OR	Fostair® 100/6 MDI (beclometasone/formoterol)
One inhalation once daily £22.00 		Two inhalations twice daily £29.32 

COPD

LAMA/LABA

1 st choice		
<p>Anoro® Ellipta® 55/22 (umeclidinium/vilanterol)*</p>	<p>OR</p>	<p>Spiolto® Respiamat® 2.5/2.5 (tiotropium/olodaterol)</p>
<p>One inhalation once daily £32.50</p>		<p>Two inhalations once daily £32.50</p>
		

(ICS/LABA/LAMA)

1 st choice		
<p>Trelegy® Ellipta® 92/22/55 (fluticasone/vilanterol/umeclidinium)* (ICS/LABA/LAMA)</p>	<p>OR</p>	<p>Trimbow® 87/5/9 MDI (beclometasone/formoterol/glycopyrronium) (ICS/LABA/LAMA)</p>
<p>One inhalation once daily £44.50</p>		<p>Two inhalations twice daily £44.50</p>
		

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NHS Ayrshire and Arran COPD and Asthma Guidelines were updated August 2020