

**APPENDIX 1. CONTROLLER MEDICATION FOR CHILDHOOD ASTHMA**

MEDICATION	DOSAGE FORM MDI: Metered dose inhaler DPI: Dry powder inhaler	CHILD DAILY DOSAGE Dosages are for children < age 12 unless otherwise specified		
		Low	Medium	High
<b>Inhaled Corticosteroids</b>				
Budesonide (Pulmicort®) <i>BID dosing</i>	DPI: 200, 400 µg/puff  Nebulizer solution: 0.25, 0.5, 1 mg/2mL	<400 µg  0.5 mg	400–800 µg  1.0 mg	>800 µg  2.0 mg
Fluticasone propionate (Flovent®) <i>BID dosing</i>	MDI: 50, 125, 250 µg/puff DPI: 100, 250, 500 µg/ blister	<250 µg	250–500 µg	>500 µg
HFA Beclomethasone dipropionate (QVAR®) * <i>BID dosing</i>	Inhalation aerosol: 40 µg, 80 µg/inhalation	80 µg		160 µg
Ciclesonide (Alvesco®)* <i>Once a day dosing</i>	MDI: 40, 80, 160 µg/puff	40 µg	80 µg	≥160 µg
<b>Long-acting β<sub>2</sub>-agonists</b>				
Salmeterol (Serevent®)	DPI: 50 µg/blister MDI: 25 µg/puff	1 puff bid Age ≥4: 1–2 puffs BID		
Formoterol (Foradil® Aerolizer®, Oxeze® Turbuhaler®)	DPI: 12 µg/single-use capsule	Age ≥ 6: 1 puff BID		
<b>Combined Medications</b>				
Symbicort®: budesonide (Pulmicort®) + formoterol (Oxeze®)	DPI: 100, 200 µg budesonide with 6 µg formoterol	Age ≥12: 1–2 puffs BID		
Advair®: fluticasone (Flovent®) + salmeterol (Servent®)	DPI: 125, 250 µg fluticasone with 50 µg salmeterol Diskus: 100, 250, 500 µg with 50 µg salmeterol	Age ≥12: 1-2 puffs BID  Age ≥12: one inhalation BID Age ≥4: one inhalation of 100/50 BID		
<b>Leukotriene Receptor Antagonists</b>				
Montelukast (Singulair®)	4, 5 mg chewable tablets	Age 2–5: 4 mg HS Age 6–14: 5 mg HS Age >14 : 10 mg HS		
Zafirlukast (Accolate®)	20 mg tablets	Age ≥ 12: 1 tablet BID on empty stomach		

\*Safety & efficacy not yet established in young children (under 4-5 years of age)

*Sources:*

- (1) Courtney AU, McCarter DF, Pollart SM. Childhood asthma: treatment update. *Am Fam Physician* 2005; 71(10):1959-1968.
- (2) Pedersen S, Garcia ML, Manjra A, Theron I, Engelstatter R. A comparative study of inhaled ciclesonide 160 µg/day and fluticasone propionate 176 µg/day in children with asthma. *Pediatr Pulmonol* 2006;41(10):954-61. PMID: 16868976
- (3) Gelfand EW, Georgitis JW, Noonan M, Ruff ME. Once-daily ciclesonide in children: efficacy and safety in asthma. *J Pediatr* 2006 Mar;148(3):377-83. PMID: 16615971
- (4) <http://www.bchealthguide.org/kbase/topic/detail/drug/hw163497/detail.htm>
- (5) [http://www.lung.ca/diseases-maladies/asthma-asthme/medications-medicaments/index\\_e.php#preventer](http://www.lung.ca/diseases-maladies/asthma-asthme/medications-medicaments/index_e.php#preventer)

