

APPENDIX 2. RELIEVER MEDICATION FOR CHILDHOOD ASTHMA

Medication	Dosage Form	Child Daily Dosage*
<p>Short-acting β_2-agonists Salbutamol (Ventolin® & generics)</p> <p>Terbutaline sulfate (Bricanyl® Turbuhaler®)</p> <p>Fenoterol hydrobromide (Berotec®)</p>	<p>HFA MDI with spacer: 100 µg per puff DPI: 200 µg per blister</p> <p>Nebulizer solution: 1.25, 2.5, 5 mg/mL</p> <p>DPI: 500 µg per puff</p> <p>100 µg per puff</p>	<p>Age: ≥ 4 years: 1–2 puffs PRN 1 puff PRN</p> <p>Age: 5–12: 1.25–2.5 mg/kg q 4–6 hrs</p> <p>Age: ≥ 12 years: 1–2 puffs q 4–6 hrs</p> <p>Age: ≥ 12 years: 1–2 puffs PRN</p>
<p>Systemic Corticosteroids Prednisone (Winpred®)</p> <p>Prednisolone (Pediapred®)</p> <p>Methylprednisolone (Medrol®)</p>	<p>1, 2.5, 5, 10, 20, 50 mg tablets</p> <p>Syrup: 5 mg/5 mL, 15 mg/5 mL</p> <p>2, 4, 8, 16, 32 mg tablet</p>	<p>0.5–1 mg/kg in morning or every other day (short courses for acute flare-ups, typically 5-7 days)</p> <p>As per prednisone</p> <p>As per prednisone</p>

* Dosages are for children \leq age 12 unless otherwise specified

MDI: Metered dose inhaler

DPI: Dry powder inhaler

HFA: hydrofluoralkane (many CFC propellants are being changed to hydrofluoralkanes)

Sources:

Courtney AU, McCarter DF, Pollart SM. Childhood asthma: treatment update. *Am Fam Physician* 2005; 71(10):1959-1968.

<http://www.bchealthguide.org/kbase/topic/detail/drug/hw163497/detail.htm>

http://www.lung.ca/diseases-maladies/asthma-asthme/medications-medicaments/index_e.php#preventer

