







GMMMG Asthma Formulary Inhaler Options – August 2017

Regular Preventer

	Beclometasone	Beclometasone	Beclometasone
Brand name	Qvar Easi-Breathe	Clenil Modulite	Easyhaler
Device	MDI	MDI	DPI
			
Strengths	50 microgram	100 microgram	200 microgram
Adult asthma dose	2 inhalations twice a day	2 inhalations twice a day	1 inhalation twice a day
Steps to use the inhaler – ease of use	<p>5 step process</p> <ul style="list-style-type: none"> • Hold the inhaler upright and open it by folding down the cap which fits over the mouthpiece. • Breathe out normally as far as comfortably can. Then hold the mouthpiece firmly between. Hold the inhaler upright and make sure that hand is not blocking the air holes. Breathe in slowly and deeply through the mouthpiece. Don't stop breathing when the inhaler puffs the dose into mouth. Carry on until have taken a deep breath. • Take the inhaler out of mouth and hold breath for 10 seconds. Then breathe out slowly. After using inhaler, hold it upright and close the cap immediately. • If need to take more than one puff, close the cap, wait about one minute and then start again from step 1. 	<p>5 step process</p> <ul style="list-style-type: none"> • Remove the mouthpiece cover. • Breathe out before placing the inhaler into their mouth. Then close their lips around the mouthpiece and breathe in steadily and deeply. • After starting to breathe in through the mouth, the top of the inhaler should be pressed down. Whilst still breathing in, remove the inhaler from their mouth and hold breath for about 5 to 10 seconds, or as long as is comfortable, and then breathe out slowly. The patient must not breathe out into the inhaler. • If another dose is required wait 30 seconds before repeating the process.. • Finally, breathe out slowly and replace the mouthpiece cover. 	<p>5 step process</p> <ul style="list-style-type: none"> • Remove the dust cap. • Shake the Easyhaler vigorously up and down 3–5 times, to allow proper powder flow and a correct dose. After shaking, hold the Easyhaler in the upright position. • Press the Easyhaler once between finger and thumb until hear a click and let it click back again, to deliver powder into the inhalation channel inside the mouthpiece. Keep holding the Easyhaler in the upright position. • Inhale the dose whilst in the upright position either sitting or standing. • If prescribed more than one dose, repeat process. • Put the dust cap back on the mouthpiece.
Miscellaneous information	BDP in Qvar is TWICE as potent as Clenil Modulite (and other standard BDP containing inhalers).	The Volumatic™ spacer device may be used by patients who have difficulty synchronising aerosol actuation with inspiration of breath. If the inhaler is new or has not been used for three days or more, one puff should be released into the air. It is not necessary to shake the inhaler before use because this is a solution aerosol	Shelf life of 3 years in aluminium foil and 6 months after opening of the foil. An optional protective cover which is not routinely supplied with the product is available.
NHS List Price	£7.87 for 200 inhalations (50 day supply)	£7.42 for 200 inhalations (50 day supply)	£14.93 for 200 inhalations (100 day supply)






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Initial add-on therapy

	Beclometasone / Formoterol	Beclometasone / Formoterol	Budesonide / Formoterol
Brand name	Fostair NEXThaler®	Fostair®	Duoresp Spiromax®
Device	Dry powder	MDI	DPI
			
Strengths	100/6 microgram	100/6 microgram	160/4.5 microgram
Adult Asthma dose	1 inhalation twice a day	1 inhalation twice a day (can use via AeroChamber Plus spacer)	1 inhalation twice a day
Steps to use the inhaler – ease of use	<p>4 step process</p> <ul style="list-style-type: none"> • Open cover fully to load dose • Inhale dose • Close and check counter has gone down by one • Repeat 	<p>2 step process</p> <ul style="list-style-type: none"> • Press top of inhaler canister whilst breathing in to inhale dose (co-ordination required) • Repeat 	<p>5 step process</p> <ul style="list-style-type: none"> • Open the mouthpiece until a click is heard • Breath in forcefully and deep through the mouthpiece to inhale dose • Hold breath for 10 seconds or as long as comfortably possible • Repeat if necessary • Close mouthpiece
Miscellaneous information	<p>NEXThaler is a breath-operated inhaler</p> <p>After first opening the pouch, the medicinal product should be used within 6 months.</p> <p>Fostair NEXThaler does not require any special temperature storage conditions.</p> <p>Has a Dose counter</p>	<p>Fostair is the only combination inhaler which needs to be stored in the fridge (before dispensing only)</p> <p>Fostair has shelf life of 5 months after dispensing (out of fridge).</p> <p>Fostair is the only pressurised metered dose inhaler (pMDI) licensed for treatment of COPD and is suitable for use with the AeroChamber Plus spacer device.</p> <p>Small particle size – 100mcg dose is not bioequivalent to 100mcg BDP in other inhalers.</p>	<p>160/4.5 mcg is equivalent to a metered dose of 200 mcg budesonide /6 mcg of formoterol fumarate dihydrate.</p> <p>320/9 mcg is equivalent to a metered dose of 400 mcg budesonide/12 mcg of formoterol fumarate dihydrate</p> <p>Doesn't require priming.</p>
NHS List Price	£29.32 for 120 puffs (60 day supply)	£29.32 for 120 puffs (60 day supply)	£29.97 for 120 puffs (60 day supply)

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Additional add-on therapies

	Beclometasone / Formoterol	Beclometasone / Formoterol	Budesonide / Formoterol	Fluticasone fuorate / Vilanterol	Tiotropium
Brand name	Fostair NEXThaler®	Fostair®	DuoResp Spiromax®	Relvar Ellipta®	Spiriva Respimat®
Device	Dry powder	MDI	DPI	Dry powder	MDI
					
Strengths	100/6 microgram	100/6 microgram	160/4.5 microgram	92/22 microgram	2.5 microgram
Adult Asthma dose	2 inhalations twice a day	2 inhalations twice a day (can use via AeroChamber Plus spacer)	2 inhalations twice a day	One inhalation of 92/22 mcg once daily.	Two puffs (5 microgram) given from the Respimat inhaler once daily, at the same time of the day.
Steps to use the inhaler – ease of use	<p>4 step process</p> <ul style="list-style-type: none"> Open cover fully to load dose Inhale dose Close and check counter has gone down by one Repeat 	<p>2 step process</p> <ul style="list-style-type: none"> Press top of inhaler canister whilst breathing in to inhale dose (co-ordination required) Repeat 	<p>5 step process</p> <ul style="list-style-type: none"> Open the mouthpiece until a click is heard Breath in forcefully and deep through the mouthpiece to inhale dose Hold breath for 10 seconds or as long as comfortably possible Repeat if necessary Close mouthpiece 	<p>2 step process</p> <ul style="list-style-type: none"> Slide down cover to load dose Inhale dose 	<p>3 step process</p> <ul style="list-style-type: none"> Inhale whilst loading dose (co-ordination required) Hold breath for 10 seconds Repeat. <p>Inhaler preparation required: Load cartridge and prepare cartridge in inhaler – 6 steps</p>
Miscellaneous information	<p>NEXThaler is a breath-operated inhaler</p> <p>After first opening the pouch, the medicinal product should be used within 6 months.</p> <p>Fostair NEXThaler does not require any special temperature storage conditions.</p>	<p>Fostair is the only combination inhaler which needs to be stored in the fridge (before dispensing only)</p> <p>Fostair has shelf life of 5 months after dispensing (out of fridge).</p> <p>Fostair is the only pressurised metered dose inhaler (pMDI)</p>	<p>160/4.5 mcg is equivalent to a metered dose of 200 mcg budesonide /6 mcg of formoterol fumarate dihydrate.</p> <p>320/9 mcg is equivalent to a metered dose of 400 mcg budesonide/12 mcg of formoterol fumarate dihydrate</p> <p>Doesn't require priming.</p>	<p>The inhaler is in the 'closed' position when it is first taken out of its sealed tray and has a "Discard by" date 6 weeks from the date of opening the tray.</p> <p>If the inhaler cover is opened and closed without inhaling the medicinal product, the dose will be lost. The lost dose will be securely held inside the</p>	<p>Dose indicator</p> <p>Locks when empty</p> <p>Clean mouthpiece once a week</p>

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	Has a Dose counter	licensed for treatment of COPD and is suitable for use with the AeroChamber Plus spacer device. Small particle size – 100mcg dose is not bioequivalent to 100mcg BDP in other inhalers.		inhaler, but it will no longer be available to be inhaled.	
NHS List Price	£29.32 for 120 puffs (30 day supply)	£29.32 for 120 puffs (30 day supply)	£29.97 for 120 puffs (30 day supply)	£22.00 for 30 inhalations (30 day supply)	£33.50 for 60 inhalations (30 day supply)

High dose therapies

	Beclometasone / Formoterol	Beclometasone / Formoterol	Budesonide / Formoterol	Fluticasone fuorate / Vilanterol
Brand name	Fostair NEXThaler®	Fostair®	Duoresp Spiromax®	Relvar Ellipta®
Device	Dry powder	MDI	DPI	Dry powder
				
Strengths	200/6 microgram	200/6 microgram	320/9 microgram	184/22 microgram
Adult Asthma dose	2 inhalations twice a day	2 inhalations twice a day (can use via AeroChamber Plus spacer)	2 inhalations twice a day	One inhalation of 184/22 mcg once daily.
Steps to use the inhaler – ease of use	4 step process <ul style="list-style-type: none"> • Open cover fully to load dose • Inhale dose • Close and check counter has gone down by one • Repeat 	2 step process <ul style="list-style-type: none"> • Press top of inhaler canister whilst breathing in to inhale dose (co-ordination required) • Repeat 	5 step process <ul style="list-style-type: none"> • Open the mouthpiece until a click is heard • Breath in forcefully and deep through the mouthpiece to inhale dose • Hold breath for 10 seconds or as long as comfortably possible • Repeat if necessary • Close mouthpiece 	2 step process <ul style="list-style-type: none"> • Slide down cover to load dose • Inhale dose
Miscellaneous information	NEXThaler is a breath-operated inhaler	Fostair is the only combination inhaler which needs to be stored in	160/4.5 mcg is equivalent to a metered dose of 200 mcg budesonide	The inhaler is in the 'closed' position when it is first taken out of its sealed

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	<p>After first opening the pouch, the medicinal product should be used within 6 months.</p> <p>Fostair NEXThaler does not require any special temperature storage conditions.</p> <p>Has a Dose counter</p>	<p>the fridge (before dispensing only)</p> <p>Fostair has shelf life of 5 months after dispensing (out of fridge).</p> <p>Fostair is the only pressurised metered dose inhaler (pMDI) licensed for treatment of COPD and is suitable for use with the AeroChamber Plus spacer device.</p> <p>Small particle size – 100mcg dose is not bioequivalent to 100mcg BDP in other inhalers.</p>	<p>/6 mcg of formoterol fumarate dihydrate.</p> <p>320/9 mcg is equivalent to a metered dose of 400 mcg budesonide/12 mcg of formoterol fumarate dihydrate</p> <p>Doesn't require priming.</p>	<p>tray and has a "Discard by" date 6 weeks from the date of opening the tray.</p> <p>If the inhaler cover is opened and closed without inhaling the medicinal product, the dose will be lost. The lost dose will be securely held inside the inhaler, but it will no longer be available to be inhaled.</p>
NHS List Price	£29.32 for 120 puffs (30 day supply)	£29.32 for 120 puffs (30 day supply)	£29.97 for 60puffs (15 day supply)	£29.50 for 30 inhalations (30 day supply)

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