

# The Pharmacological management of stable asthma in adults

NHS Calderdale, NHS Greater Huddersfield, NHS North Kirklees and NHS Wakefield CCGs with Mid Yorkshire Hospitals NHS Trust, Calderdale and Huddersfield Hospital Foundation Trust & Locala CIC.



SABA	Low dose ICS		Low dose ICS + LABA		Medium dose ICS + LABA		High dose ICS +LABA	
<b>PREFERRED CHOICE FOR DRY POWDER INHALERS (DPI): (LOWER CARBON FOOTPRINT)</b>								
 Salbutamol Easyhaler 100mcg 2 puffs prn	 Easyhaler beclometasone 200mcg/dose 1 puff twice a day	 Easyhaler budesonide 200mcg/dose 1 puff twice a day	 Fostair* NEXThaler 100/6 1 puff twice a day	 Fobumix 160/4.5 1 puff twice a day	 Fostair* NEXThaler 100/6 2 puffs twice a day	 Relvar 92/22 1 puff daily	 Fostair* NEXThaler 200/6 2 puffs twice a day	 Relvar 184/22 1 puff daily
<b>PREFERRED CHOICE FOR METERED DOSE INHALERS (MDI): (HIGHER CARBON FOOTPRINT)</b>								
 Salbutamol MDI 100mcg 2 puffs PRN	 Soprobe 100mcg MDI 2 puffs twice a day	 Kelhale*100mcg MDI 1 puff twice a day	 Fostair* aerosol MDI 100/6 inhaler 1 puff twice a day	 Fostair* aerosol MDI 100/6 inhaler 2 puffs twice a day	 Fostair* aerosol MDI 200/6 inhaler* 2 puffs Twice a day			

Spacer devices are recommended when using an MDI especially with inhaled corticosteroids. Replace at least 12 monthly

All used/part used inhalers should be returned to a community pharmacy. This is the safest and most environmentally friendly route.

\*Extra fine particle beclometasone

PRN therapy Cost per inhaler	Regular preventer (low dose ICS)	Initial add-on therapy (LABA/Low dose ICS)	Additional add-on therapy (LABA/medium dose ICS)	High-dose (ICS) therapies	Continuous or frequent use of oral steroids
Salbutamol 100mcg/dose inhaler (MDI) 2 puffs prn <b>£1.50</b>  Salbutamol Easyhaler 100mcg/dose dry powder inhaler (DPI) 2 puffs prn <b>£3.31</b>  Salbutamol 200mcg/dose dry powder inhaler (DPI) – 1 puff prn: Ventolin Accuhaler <b>£3.60</b>  Salbutamol 100mcg/dose breath actuated inhaler (BAAI) 2 puffs prn <b>£6.30</b>  Terbutaline Turbohaler 500mcg/dose (DPI) 1 puff prn <b>£8.30</b>	<u><b>400 – 500mcg BDP equivalent/day:</b></u>  Kelhale 50mcg/dose inhaler (MDI)* 2 puffs bd <b>£37.96</b>  Soprobeq 100mcg/dose inhaler (MDI) 2 puffs bd <b>£40.66</b>  Clenil Modulate 100mcg/dose inhaler (MDI) 2 puffs bd <b>£54.17</b>  Easyhaler beclometasone 200mcg/dose (DPI) 1 puff bd <b>£54.49</b>  Qvar Easi-Breathe 50mcg/dose (BAAI)* 2 puffs bd <b>£56.50</b>  Qvar 50mcg/dose inhaler (MDI)* 2 puffs bd <b>£57.45</b>  Qvar Autohaler 50mcg/dose (BAAI)* 2 puffs bd <b>£57.45</b>  Easyhaler budesonide 200mcg/dose (DPI) 1 puff bd <b>£64.64</b>  Flixotide 50mcg/dose Evohaler (MDI) 2 puffs bd <b>£79.44</b>  Fluticasone 100mcg/dose Accuhaler (DPI) 1 puff bd <b>£97.33</b>  Pulmicort Turbohaler 200/dose (DPI) 1 puff bd <b>£104</b>	<u><b>400 – 500mcg BDP equivalent/day:</b></u>  Fobumix Easyhaler 160/4.5mg (DPI) 1 puff bd <b>£130.79</b>  Combisal 25/50mcg (MDI) 2 puffs twice a day <b>£164.25</b>  DuoResp 160/4.5mcg Spiromax (DPI) 1 puff bd <b>£170.15</b>  Symbicort 200/6mcg Turbohaler (DPI) 1 puff bd <b>£170.33</b>  Flutiform 50/5mcg inhaler 2 puffs bd MDI <b>£175.20</b> K-haler (BAAI) <b>£175.20</b>  Fostair NEXThaler 100/6mcg (DPI)* 1 puff bd <b>£178.36</b>  Fostair 100/6mcg inhaler (MDI)* 1 puff bd <b>£178.36</b>  Seretide 100mcg Accuhaler (DPI) 1 puff bd <b>£219.43</b>  Seretide 50mcg Evohaler (MDI) 2 puffs bd <b>£219.43</b>  Symbicort 100/6mcg Turbohaler (DPI) 2 puffs bd <b>£340.66</b>  Relvar Ellipta 92/22 (DPI) 1 puff od <b>£267.67</b>	<u><b>800mcg BDP equivalent/day:</b></u>  Fobumix Easyhaler 320/9mcg (DPI) 1 puff bd <b>£261.58</b>  DuoResp 320/9mcg Spiromax (DPI) 1 puff bd <b>£340.30</b>  Symbicort Turbohaler (DPI) 200/6mcg 2 puffs bd <b>£340.66</b> 400/12mcg 1 puff bd <b>£340.66</b>  <u><b>1000mcg BDP equivalent/day:</b></u>  Salmeterol/Fluticasone 25/125mcg (MDI) 2 puffs bd. Brands include: Sereflo ( <b>note: NOT suitable for use with a spacer</b> ) <b>£182.3</b> AirFluSal <b>£199.77</b> Combisal <b>£214</b> Aloflute <b>£273.14</b> Sirdupla <b>£273.14</b> Seretide Evohaler <b>£285.30</b>  Salmeterol/Fluticasone 25/250mcg (DPI) 1 puff bd. Brands include ( <i>devices may differ</i> ): Fusacomb Easyhaler <b>£261.58</b> Seretide 250 Accuhaler <b>£425.83</b>  Flutiform 125/5mcg Inhaler 2 puffs bd MDI <b>£340.67</b> K-haler (BAAI) <b>£340.66</b>  Fostair NEXThaler 100/6mcg (DPI)* 2 puffs bd <b>£356.73</b>  Fostair 100/6mcg inhaler (MDI)* 2 puffs bd <b>£356.73</b>	<u><b>1600mcg BDP equivalent/day:</b></u>  DuoResp 320/9mcg Spiromax (DPI) 2 puffs bd <b>£680.60</b>  Symbicort 400/12mcg Turbohaler (DPI) 2 puffs bd <b>£681.33</b>  <u><b>2000mcg BDP equivalent/day:</b></u>  Salmeterol/Fluticasone 25/250mcg (MDI) 2 puffs twice a day. Brands include: Sereflo <b>£243.21</b> AirFluSal <b>£249.66</b> Combisal <b>£340.54</b> Aloflute <b>£344.56</b> Sirdupla <b>£344.56</b> Seretide Evohaler <b>£356.72</b>  Salmeterol/Fluticasone 50/500mcg (DPI) 1 puff bd. Brands include ( <i>devices may differ</i> ): Stalpex <b>£298.81</b> Fusacomb Easyhaler <b>£328.37</b> AirFluSal Forspiro <b>£364.63</b> Seretide 500 Accuhaler <b>£398.33</b>  Fostair NEXThaler 200/6mcg (DPI)* 2 puffs bd <b>£356.73</b>  Relvar Ellipta 184/22mcg (DPI) 1 puff od <b>£358.92</b>  Flutiform 250/10mcg Inhaler (MDI) 2 puffs bd <b>£554.31</b>	

**MDI** – Metered dose inhaler  
**DPI** – Dry powder inhaler  
**BAAI** – Breath actuated aerosol inhaler  
**BDP** – Beclometasone dipropionate.  
\*Extra fine particle beclometasone

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**Add-on therapies:**  
 Leukotriene receptor antagonist (LTRA) – 1<sup>st</sup> line cost effective LTRA option is generic montelukast 10mg tablets on **£29.98**  
 Long acting muscarinic antagonist (LAMA) – the only licensed LAMA option in asthma currently is tiotropium in the form of Spiriva Respimat 2 puffs od **£279.83**  
**Inhalers licenced for maintenance and reliever therapy (MART):**  
 Fobumix Easyhaler 4.5/80 and 4.5/160, DuoResp Spiromax 160/4.5 (DPI), Fostair 100/6 (MDI)\* and Symbicort 6/100 and 6/200  
*Prices correct as per Drug Tariff and Mims May 2020*