

BRONCHODILATORS & ANTI-INFLAMMATORY MEDICATIONS

BRONCHODILATORS – Relax muscles that have tightened around airways. Usually inhaled and are often first choice when a flare-up occurs. Can be given by pill, liquid, or nebulizer

Used to: Treat flare-ups
 Prevent symptoms from exercise
 Provide relief until longer acting medications work
 Open airways so other medications work better

Examples: **Albuterol**
 Metaproterenol
 Terbutaline

Theophylline comes in tablet, capsul, and liquid form. Used to treat mild to moderate flare-ups and also taken daily to prevent flare-ups. Often used in conjunction with inhalers.

ANTI-INFLAMMATORY – Prevent airways from swelling when they come in contact with a trigger. These drugs combine the actions of several types of medications and are called combination drugs.

Examples: **Cromolyn** is most commonly used to treat asthma. Can be given by inhaler, nebulizer, or powder form for special kind of inhaler. Cannot stop flare-up, but can prevent one.

Steroids prevent and reduce swelling inside airways. Decrease amount of mucous in lungs. Can be given by inhaler, liquid, tablet, or injection.