

Norfolk and Waveney Primary Care Best Value Inhalers for Asthma October 2024

For information on all formulary inhalers see [NetFormulary - Respiratory chapter](#)

Best value Dry Powder Inhalers (DPIs)  Consider DPIs as 1st Line for age 12 years and over, *within product licence*.

ALL DPIs have a dose counter. All DPIs require the same inhalation technique: **quick & deep (2 – 3 sec)**

Only use DPIs for age < 12 years 'on specialist primary or secondary care advice' Click [here](#) for full Norfolk and Waveney Primary Care Asthma Guideline

Ensure ALL patients have an up to date [Personalised Asthma Action Plan \(PAAP\)](#). Click on inhaler names for links to [RightBreathe](#) information

Short Acting Beta₂ Agonist (SABA) Reliever

[Easyhaler® Salbutamol 100mcg](#)

Licence age ≥ 4 years



Shake upright 3 - 5 x before use.
Press to prime

Carbon neutral

Shelf life 6 months after opening

[Click here for video](#)

[Ventolin Accuhaler® 200mcg](#)

Salbutamol Licence age ≥ 4 years



Slide lever to prime.
Shelf life 24 months

[Click here for video](#)

Inhaled Corticosteroid (ICS) Maintenance

[Easyhaler® Budesonide](#)

or

[Beclometasone](#)

Licence ≥ age 6 years
100mcg, 200mcg, 400mcg

Licence Adults only
Only available as 200mcg



Shake upright 3 - 5 x before use
Press to prime [Click here for video](#)

Carbon neutral

Shelf life 6 months after opening



Inhaled Corticosteroid (ICS) plus Long Acting Beta₂ Agonist (ICS / LABA) Maintenance OR [Maintenance and Reliever \(MART\)](#)

[Fobumix Easyhaler® Budesonide / Formoterol](#) Licence (see strength)

80mcg / 4.5mcg (≥ 6 years), 160mcg / 4.5mcg, 320mcg / 9mcg (≥ 12 years)



Shake upright 3 - 5 x before use. Press to prime

[Click here for video](#)

Carbon neutral Shelf life 4 months after opening

160mcg/4.5mcg licensed for Maintenance OR

[Maintenance and Reliever Therapy MART ≥ 12 years](#)

[WockAIR® Forspiro Budesonide / Formoterol](#) Licence ≥ 12 years

160mcg / 4.5mcg, 320mcg / 9mcg



Forspiro device [Click here for video](#)

Open and close lever to prime

2 x 60 dose inhalers in one 120 dose pack

Shelf life 2 years

160mcg/4.5mcg licensed for Maintenance OR [MART ≥ 12 years](#)

For alternatives, *if the above devices are not appropriate for the patient see pages below.*

¹Choose: the most appropriate device for the patient **Check:** inhaler technique at every opportunity, *ask the patient to demonstrate.*

Correct: show the patient how to use the device using physical demonstration **Confirm:** clinicians should use a checklist for each device

Ideally use ^a In-check® Dial G16 (or similar / training device) to ensure the patient will be able to use the device. 1. [Global Initiative for Asthma \(GINA\)](#)

Best Value Pressurised Metered Dose Inhalers (p MDIs)

1st line for children age < 12 years, within product licence, (*unless specialist advice to use DPI*) OR for age ≥ 12 years if a DPI is not appropriate.

All p MDIs require the same inhalation technique: **slow and steady (3 - 5 sec).**

[How to use a p MDI video](#)

Ideally all p MDIs should be used with a spacer to improve drug delivery to the lungs

[How can I tell if my inhaler is empty' Beat Asthma](#)

(ALL young children should use p MDIs with a spacer)

Ensure ALL patients have an up to date [Personalised Asthma Action Plan \(PAAP\)](#)

Short Acting Beta₂ Agonist (SABA) Reliever

Inhaled Corticosteroid (ICS) Maintenance

[Salamol® 100mcg p MDI](#) salbutamol

Licence for children and adults



NO dose counter.

[How can I tell if my inhaler is empty' Beat Asthma](#)

Shelf life 3 years

[Clenil Modulite® pMDI](#)

Beclometasone **Carbon neutral**
(only 50mcg & 100mcg licensed for children)



HAS a dose counter.

Shelf life 3 years
50mcg, 100mcg, 200mcg, 250mcg

[Beclu® pMDI](#)

Beclometasone **Carbon neutral**
(only 100mcg licensed for children)



HAS a dose counter.

Shelf life 24 months
Only available as 100mcg, 200mcg

Inhaled Corticosteroid (ICS) plus Long Acting Beta₂ Agonist (ICS / LABA) Maintenance OR [Maintenance and Reliever \(MART\)](#)

[Combisal® pMDI](#) Fluticasone propionate / salmeterol

Licence 50 / 25mcg ≥4yrs, 125/25mcg ≥12ys, 250 /25mcg ≥12ys



NO dose counter.

[How can I tell if my inhaler is empty' Beat Asthma](#)

Shelf life 24 months

**Fixed dose MAINTENANCE ONLY,
NOT licensed for MART**

[Luforbec® p MDI](#)

Extrafine beclometasone / formoterol
Carbon neutral 100/6mcg, 200/6mcg Licence ≥18 years



HAS a dose counter.

Shelf life 3 years
100mcg/6mcg licensed for **MART ≥ 18 years**

[Bibecfo® p MDI](#)

Extrafine beclometasone / formoterol
100/6mcg, 200/6mcg Licence ≥18 years



HAS a dose counter.

Shelf life 21 months
100mcg/6mcg licensed for **MART ≥ 18 years**

















SPACERS: see [KM Bulletin 18 Inhaler Spacer Devices](#) for full details on formulary devices, comparisons and care of spacer (click [here](#) for link)

Use the same spacer for dose titration. A change in spacer may affect the dose delivered and may require dose adjustment.

Ensure device / mask is age appropriate and give spacer care advice. Click [Rightbreathe](#) inhaler name links for information on spacer compatibility

Norfolk and Waveney Primary Care *Alternative* Inhalers for Asthma

Ensure the patient has a face-to-face assessment by a clinician with appropriate respiratory expertise
For more information and formulary status of all other devices see [NetFormulary - Respiratory chapter](#)

<p>Short Acting Beta₂ Agonist SABA</p> <p><i>Reliever</i></p>	<p>Bricanyl Turbohaler® 500mcg <i>Terbutaline - alternative drug content and DPI device Licence for children and adults</i></p>  <p>Has a dose counter Twist blue grip to prime. Shelf life 3 years Click here for video</p> <p style="text-align: right;">DPI </p>		
<p>Inhaled Corticosteroid</p> <p>ICS Maintenance</p>	<p>Pulmicort Turbohaler® <i>Budesonide Licence ≥ 5yrs Alternative device</i></p>  <p>Has a dose counter Twist brown grip to prime Click here for video Shelf life 24 months</p> <p>DPI </p>	<p>Flixotide Accuhaler® <i>Fluticasone propionate Licence ≥ 4yrs Alternative drug content and device</i></p>  <p>Has a dose counter Slide lever to prime Click here for video Shelf life 18 - 24 months</p> <p>DPI </p>	<p>Flixotide 50mcg Evohaler® <i>Fluticasone propionate Licence ≥ 4yrs Alternative drug content and device</i></p>  <p>NO dose counter. Ideally use with a spacer (necessary for younger children) Shelf life 24 months</p> <p>pMDI </p>
<p>Inhaled Corticosteroid (ICS) plus Long Acting Beta₂ Agonist</p> <p>ICS / LABA</p> <p><i>*Maintenance / Maintenance and Reliever (MART)</i></p> <p>OR</p> <p><i>**Maintenance ONLY</i></p>	<p><u>Alternative DPI devices with budesonide / formoterol drug content</u></p> <div style="display: flex; justify-content: space-between;"> <div data-bbox="472 879 1144 1126"> <p>*DuoResp Spiromax® Maintenance / MART <i>160mcg / 4.5mcg, 320mcg / 9mcg Licence ≥ 12yrs</i></p> <p>Has a dose counter. Open inhaler cap to prime (clicks) Shelf life 3 years but 6 months after opening foil wrapper Click here for video 160mcg / 4.5mcg licensed for MART ≥ 12 years</p> </div> <div data-bbox="1144 879 1489 1126">  <p>DPI </p> </div> <div data-bbox="1489 879 2123 1126"> <p>*Symbicort Turbohaler® Maintenance / MART <i>Licence 100 / 6mcg ≥6 yrs, 200 / 6 mcg & 400 / 12mcg ≥ 12yrs</i></p> <p>Has a dose counter. Twist red grip to prime Shelf life 3 years Click here for video 100 / 6 & 200 / 6mcg licensed for MART ≥ 12 years 200/6mcg also licensed for reliever therapy</p>  <p>DPI </p> </div> </div> <p><u>DPI devices with alternative drug content</u></p> <div style="display: flex; justify-content: space-between;"> <div data-bbox="472 1134 1144 1477"> <p>* Fostair NEXThaler® Maintenance / MART <i>Extrafine beclometasone / formoterol 100 / 6mcg, 200 / 6mcg Licence ≥ 18 years</i></p> <p>Has a dose counter Open the cover to prime Shelf life 6 months after opening Click here for video 100 / 6mcg licensed for MART ≥ 18 years <i>Carbon neutral</i></p> </div> <div data-bbox="1144 1134 1489 1477">  <p>DPI </p> </div> <div data-bbox="1489 1134 2123 1477"> <p>** Relvar Ellipta® Fixed Maintenance only, ONCE daily dose <i>Fluticasone furoate / vilanterol Licence ≥ 12yrs 92 / 22mcg, 184 / 22mcg.</i></p> <p>Has a dose counter Open the cover to prime (If you open and close without inhaling, the dose is lost) Shelf life 6 weeks after opening Click here for video</p>  <p>DPI </p> </div> </div>		