



Common inhaled medications

Albuterol, Xopenex –

These are medications known as *bronchodilators*. These medications work by relaxing the smooth muscles that surround the airways. Often given as needed when sick or before other treatments to help give the most effective therapy. These are “short acting” medications that work very quickly and wear off within about 4 hours. These are also sometimes referred to as “*rescue*” medication.

1. Flovent, QVAR, Pulmicort, Asmanex Twisthaler-

These are *inhaled steroids* that are used to help decrease airway inflammation. These medicines must be used daily as prescribed to be effective, sometimes referred to as “controller” therapy

2. Symbicort, Advair-

These are “*combination*” inhalers that have two components. An inhaled steroid and a long acting bronchodilator. The bronchodilator is not meant as a rescue medication since it takes a little time to work, but rather a maintenance medication to be used daily as prescribed.

3. Pulmozyme—

This is a medication known as a “*mucolytic*” This is meant to help thin mucous making it easier to move up and out of the airways. Most often it is given once or twice a day as a routine maintenance medication to keep the airways mucous free and healthy!

4. Hypertonic Saline-

This is known as an airway *surface hydrator* meant to help get water into the mucous to thin it out and also help reestablish the function of normal lung mucous clearance. It is also a routine, daily medication meant to keep the lungs clear and mucous free.

5. TOBI or Colistin

TOBI and Colistin are *inhaled antibiotics*. If certain bacteria are present in the culture of your sputum, TOBI or Colistin is given twice a day for at