

INGREDIENTS GUIDE FOR ASTHMA MEDICATION



For most of us, we are familiar with the trade or brand names of our medicines. The trade name is how it has been presented to us and what we see on the box when we buy it. Trade names like Panadol and Amoxil make a lot of sense to us and we feel like we know exactly what they do and when we need to use them, but did you know what their real name is, and have you thought about whether it is important?

Trade names are the names the manufacturing companies give their medicines, but the actual medicines are often called something different. Panadol describes paracetamol for example and Amoxil is the name on the package for the amoxicillin medicine. The actual name of the medicines is what we refer to as a 'generic' term. Regardless of the name on the package, in the health service industry, health professionals know what each other mean when we use the generic name: we can recognise what family of medicine it belongs to and we are aware of what trade names those medicines go by.

The Australian Department of Health has recently passed policy that requires prescribers of medicines, so doctors or nurse practitioners, to place the generic name of the medicine on patient prescriptions. This is a significant change for prescribers and consumers, and we'd like to provide you with a cheat sheet to assist you to adapt to this new prescribing approach.

HOW TO USE THIS RESOURCE?

- 1 FIND THE MEDICATION TYPE ON THE LEFT SIDE AND GET AN UNDERSTANDING OF WHAT THE MEDICINE DOES**
- 2 LOOK FOR THE NAME OF YOUR MEDICINE ON THE LEFT SIDE**
- 3 REFER TO THE ACTIVE INGREDIENTS IN THE RIGHT COLUMN**

It's as simple as that. With this resource, you'll be able to be absolutely clear on what your prescriptions are for and what they mean for your asthma.

MEDICATION TYPE AND NAME	ACTIVE INGREDIENTS
RELIEVERS Works by opening the airways and providing quick relief of symptoms	
Inhalers: Airomir Autohaler; Asmol inhaler; Ventolin Inhaler, Zempreon Inhaler Nebules: APO-Salbutamol; Salbutamol AN; Salbutamol Actavis, Salbutamol Cipla, Asmol 5 uni-dose, Asmol 2.5 uni-dose, Ventolin nebules	Salbutamol
Bricanyl Turbuhaler	Terbutaline
DUAL PURPOSE RELIEVERS Works by opening airways, treating inflammation, providing quick relief of symptoms and reducing the risk of serious flare-ups	
DuoResp Spiromax; Symbicort Rapihaler; Symbicort Turbuhaler	Budesonide and Formoterol
PREVENTERS (inhaled corticosteroid only) Works to prevent asthma symptoms by treating inflammation, improves asthma control and reduces risk of flare-ups, makes airways less sensitive to triggers, and reduces swelling and mucus	
Alvesco Inhaler	Ciclesonide
Arnuity Ellipta	Fluticasone furoate

MEDICATION TYPE AND NAME	ACTIVE INGREDIENTS
PREVENTERS CONT. (inhaled corticosteroid only)	
Axotide, Flixotide Accuhaler, Fluticasone Cipla Inhaler, Flixotide Inhaler Flixotide Junior Inhaler; Flixotide Junior Accuhaler	Fluticasone propionate
Inhaler: Pulmicort Turbuhaler Nebules: Pulmicort Respules	Budesonide
QVAR Autohaler; QVAR Inhaler	Beclometasone dipropionate
COMBINATION PREVENTERS (inhaled corticosteroid and long acting beta agonist)	
Works by making airways less sensitive to triggers like the preventers, with an added long-acting reliever to relax airway muscles for up to 12 hours, some up to 24 hours and reduces the risk of having asthma symptoms or flare-ups	
Seretide Accuhaler; Seretide Inhaler; Pavtide Inhaler; SalplusF Inhaler; Seroflo Inhaler; Fluticasone + Salmeterol Cipla Inhaler	Fluticasone propionate and Salmeterol
DuoResp Spiromax; Symbicort Rapihaler; Symbicort Turbuhaler	Budesonide and formoterol
DuoResp Spiromax; Symbicort Rapihaler; Symbicort Turbuhaler	Fluticasone propionate and formoterol
Fostair	Beclometasone and formoterol
OTHER PREVENTER MEDICATION	
Works by reducing airway inflammation, making airways less responsive to triggers	
Intal; Intal Forte; Tilade	Sodium cromoglycate
APO-Montelukast; Auro-Montelukast Tabs 4; Auro-Montelukast Tabs 5, Montelair 4; Montelair 5; Montelair 10; Montelukast AN; Montelukast APOTEX, Montelukast GH Montelukast Lupin; Montelukast Mylan; Montelukast Sandoz 4; Montelukast Sandoz 5; Respikast 4; Respikast 5; Singulair	Montelukast
ADD-ON INHALED MEDICATIONS	
Works by providing additional support to prevent symptoms and reduce risk of flare-ups by relaxing airway muscles	
Inhaler: Atrovent Inhaler Nebules: APO-Ipratropium; Aeron 250 Aeron 500; Ipratrin; Ipratrin Adult; Atrovent Atrovent Adult	Ipratropium bromide
Spriva Respimat	Tiotropium
ADD-ON INHALED MEDICATIONS	
Works by providing additional support to inhaled preventers (not including Intal and Tilade) to improve symptoms and prevent flare-ups by relaxing airway muscles	
Foradile Inhaler; Oxis Turbuhaler	Formoterol
Serevent Accuhaler	Salmeterol
OTHER ADD-ON INJECTABLE MEDICATIONS (monoclonal antibodies or biologics)	
Works by preventing symptoms, reduces risk of flare-ups and reduces steroid requirement by interrupting the pathway that leads to airway inflammation	
Dupixent	Dupilumab
Fasenra	Benralizumab
Nucala	Mepolizumab
Xolair	Omalizumab
OTHER MEDICATION FOR SHORT TERM USE	
Works by relieving severe and dangerous symptoms in an emergency through reducing inflammation throughout the body	
Predmix, Panafcortelone, Redipred, Solone	Prednisolone

If you have questions about your asthma, asthma medication or treatment speak to your doctor or call one of our Asthma Educators on **1800 ASTHMA** (1800 278 462). Alternatively, you can book a call by emailing helpline@asthma.org.au.