

KNOW YOUR COPD MEDICATIONS

A REFERENCE GUIDE FOR CANADIANS -- NOTE: This List is NOT All Inclusive & Is Intended as General Information ONLY!

Generic Name	Brand Name (Name given to generic drug by manufacturer)	Drug Effect (What do these medications do?)	Form of Medication (How are these medications applied?)	Administration (How and when should these drugs be taken?)	Possible Side Effects (Symptoms that could develop from taking these drugs)
Short-acting Bronchodilators - These drugs are for use to relieve or prevent shortness of breath - "Rescue inhalers"					
Salbutamol (Albuterol in USA)	Ventolin	Prevent and relieve bronchial spasms and open the airways by relaxing the smooth muscle that surrounds the airway.	Metered dose inhaler Nebulizer solution Subcutaneous injections	Rinse mouth after using inhaler to prevent hoarseness and throat irritation.	Symptoms are temporary: dizziness, headache, muscle cramps, nausea, nervousness, palpitations, rapid heart beat, raised blood pressure and tremors
Terbutaline sulfate	Bricanyl		Dry powder inhaler		
Long-acting bronchodilators - These drugs are used on a fixed daily schedule to control symptoms of shortness of breath also known as long-acting beta2-adrenergic agonists or long acting beta agonists or LABAs					
Salmeterol xinafoate Formoterol fumarate	Serevent Foradil, Oxeze	Prevent bronchial spasm. Open the airway by relaxing the smooth muscle that lines the bronchi	Metered dose inhaler or Dry Powder Inhaler	Generally one or two puffs every 12 hours. Not for use to relieve an asthma attack. (Note formoterol fumarate is fast-acting and may be used as a "rescue inhaler" but not if used less than 12 hours from any other dose of the same drug)	Same as with short-acting bronchodilators
Anti-cholinergic bronchodilators - Also known as anti-muscarinics					
Ipratropium bromide	Atrovent HFA	Relieve bronchial spasms and reduce air trapped in lung	Metered dose inhaler, nebulizer solution	Generally 2 puffs 4x day	Cough, dry mouth, bad taste. Avoid eye contact
Tiotropium bromide	Spiriva		Dry Powder Inhaler	2 puffs from the same capsule once per day	Dry mouth, may aggravate glaucoma and BPH (urinary retention)
Inhaled Corticosteroids - These drugs are used on a fixed daily schedule to control symptoms of inflammation and phlegm					

Beclomethasone dipropionate	Beclovent, Beconase, Flonase	Reduce inflammation and phlegm production in the airways			Hoarseness Thrush – a yeast infection of mouth and throat. Increased risk of pneumonia and osteoporosis
Flunisolide					
Fluticasone propionate	Flovent				
Budesonide	Pulmicort		'Turbuhaler' dry powder inhaler		
Triamcinolone	Nasacort				
Ciclesonide	Alvesco				

Combination Inhalers – Combinations of Long acting bronchodilators and inhaled corticosteroids

Fluticasone/Salmeterol	Advair	Open airways and reduce inflammation	Metered dose inhaler and/or dry powder inhaler	Generally one or two puffs every 12 hours Not for use to relieve an asthma attack. Use <u>only</u> as prescribed	Refer to side effects for each individual medication
Budesonide/Formaterol	Symbicort				

Oral Corticosteroids - To control inflammation during exacerbations

Prednisone Prednisolone Methylprednisolone		Reduce inflammation	Oral tablet or injection	Prescribed amount varies depending on condition. Usually tapering off in a short period (two weeks or less). Requires medical supervision.	Increased energy Increased appetite Sleeplessness Mood swings Can induce temporary diabetes and exacerbate established diabetes Osteoporosis, glaucoma
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Methylxanthines

Theophylline aminophylline	Theo-dur	Slightly relax the airways in the lungs, improve breathing by increasing the strength of the diaphragm, and stimulate the breathing control centers in the brain.	Tablets, Capsules, Liquid	Take with food Swallow tablets whole— don't chew or crush them Don't take before bedtime if one daily dose has been prescribed	Stomach upset, heartburn, insomnia, headache, nervousness, irritability, rapid heart rate.
Theo-bromine	Dark chocolate!		Bar!	non-prescription	Weight gain!
Caffeine	Coffee! (not decaffeinated)		Cup!	non-prescription	Sleeplessness!

Anti-Leukotrienes – Reduce some types of airway allergic reactions – NOT for immediate relief

Montelukast sodium Zafirlukast	Singulair Accolate	Reduces allergic reactions	Oral tablet	Take at bedtime. Take as prescribed	Tiredness
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IMPORTANT NOTE: This table cannot substitute for professional advice. You should take all your medications as prescribed by your physician. Contact your doctor's office or pharmacist if you have questions or if you begin to suffer from any of the side effects listed above. Side effects listed are those more commonly met and are far from being complete.