

Usual Dosage for Long-Term– Control Medication

Medication	Dosage Form	Adult Dose	Child Dose
Inhaled Corticosteroids (See Estimated Comparative Daily Dosages for Inhaled Corticosteroids.)			
Systemic Corticosteroids (Applies to all three corticosteroids.)			
Methylprednisolone	2, 4, 8, 16, 32 mg tablets	■ 7.5–60 mg daily in a single dose in a.m. or qod as needed for control	■ 0.25–2 mg/kg daily in a single dose in a.m. or qod as needed for control
Prednisolone	5 mg tablets, 5 mg/5 cc, 15 mg/5 cc	■ Short-course “burst” to achieve control: 40–60 mg per day as single or 2 divided doses for 3–10 days	■ Short-course “burst”: 1–2 mg/kg/day, maximum 60 mg/day for 3–10 days
Prednisone	1, 2.5, 5, 10, 20, 50 mg tablets; 5 mg/cc, 5 mg/5 cc		
Cromolyn and Nedocromil			
Cromolyn	MDI 0.8 mg/puff Nebulizer; 20 mg/ampule	2 puffs tid 1 ampule tid	1–2 puffs tid–qid 1 ampule tid
Nedocromil	MDI 1.75 mg/puff	2 puffs tid	1 puffs tid
Inhaled Long-Acting Beta₂-Agonists—LABA (Should not be used for symptom relief or for exacerbations. Use with inhaled corticosteroids.)			
Salmeterol	DPI 50 mcg/blister	1 blister q 12 hours	1 blister q 12 hours
Formoterol	DPI 12 mcg/single-use capsule	1 capsule q 12 hours	1 capsule q 12 hours
Combination Medication			
Fluticasone/ Salmeterol Combination DPI	DPI 100, 250, or 500 mcg/50 mcg HFA MDI 45, 115, 230 mcg/21 mcg	1 inhalation bid; depends on severity of asthma 2 puffs twice daily; depend on severity	1 inhalation bid; depends on severity N/A
Leukotriene Modifiers			
Montelukast	4 or 5 mg chewable tablet 10 mg tablet	10 mg per day	5 mg qhs (6–14 yrs.) 10 mg qhs (> 14 years)
Zafirlukast	10 or 20 mg tablet	40 mg daily (20 mg tablet bid)	20 mg daily (7-11 yrs.)
Zileuton	600 mg tablet	2,400 mg daily (give tablets qid)	N/A
Methylxanthines (Serum monitoring is important [serum concentration of 5–15 mcg/mL at steady state]).			
Theophylline	Liquids, sustained-release tablets, and capsules	Starting dose 10 mg/kg/day up to 300 mg max; usual max 800 mg/day	Starting dose 10 mg/kg/day; usual max:16 mg/kg/day
Immunomodulators			
Omalizumab (Prior Auth Required)	Subcutaneous injection, 150 mg/1.2 mL following reconstitution with 1.4 mL sterile water for injection	150-375 mg 2-4 weeks depending on body weight and pretreatment serum IgE level	

Estimate Comparative Daily Doses for Inhaled Corticosteroids

*Children ≤ 12 years of age

Drug	Low Daily Dose		Medium Daily Dose		High Daily Dose	
	Adult	Child *	Adult	Child *	Adult	Child *
Beclomethasone HFA—QVAR® 40 or 80 mcg/puff	80-240 mcg (1–6 puffs)	80-160 mcg (1–4 puffs)	240-640 mcg (3–12 puffs)	160-320 mcg (2–8 puffs)	>640 mcg (>6–12 puffs)	>320 mcg (>4–8 puffs)
Budesonide DPI—Pulmicort® 90 or 180 mcg/inhalation	180-600 mcg (1-3 inhalations)	200-400 mcg (1-2 inhalations)	600-1,200 mcg (3-6 inhalations)	400-800 mcg (2-4 inhalations)	>1,200 mcg (>6 inhalations)	>800 mcg (>4 inhalations)
Inhalation suspension for nebulization (child dose)	N/A	0.5 mg	N/A	1.0 mg	N/A	2.0 mg
Fluticasone—Flovent®, Rotadisk® MDI: 44, 110, or 220 mcg/puff DPI: 50, 100, or 250 mcg/inhalation	88-264 mcg 100-300 mcg	88-176 mcg 100-200 mcg	264-440 mcg 300-500 mcg	176-352 mcg 200-400 mcg	>440 mcg >500 mcg	>352 mcg >400 mcg
Mometasone** 200 mcg/inhalation	**Patients ≥ 12 years 200-800 mcg (Doses greater than 400 mcg may be split to twice dosing daily. 800 mcg/day is recommended only for patients on oral steroid therapy.					