

# Asthma Medications

## Common Medication Names

- **Rescue Medication:**
- Albuterol
- Ventolin

## Usage

For treatment of acute episodes of bronchospasm or prevention of symptoms associated with bronchospasm, the usual dosage for adults and children is 2 inhalations repeated every 4 to 6 hours; in some patients, 1 inhalation every 4 hours may be sufficient.

More frequent administration or a larger number of inhalations is not recommended.

### EXERCISE-INDUCED BRONCHOSPASM

The usual dosage for adults and children 4 years of age and older is 2 inhalations 15 to 30 minutes before exercise.

## Asthma

Asthma is a chronic (long-term) lung disease that inflames and narrows the airways. Asthma causes recurring periods of wheezing (a whistling sound when you breathe), chest tightness, shortness of breath, and coughing. The coughing often occurs at night or early in the morning.

Asthma affects people of all ages, but it most often starts in childhood. In the United States, more than 22 million people are known to have asthma. Nearly 6 million of these people are children

Rescue Medications are used to prevent and treat wheezing and shortness of breath caused by breathing problems (e.g., asthma, chronic obstructive pulmonary disease). They are also used to prevent asthma brought on by exercise. The medication works in the airways by opening breathing passages and relaxing muscles. Controlling symptoms of breathing problems can decrease time lost from work or school.

**Please see your School Nurse  
with any questions or concerns**

## Side Effects to Watch for:

- **Ear, Nose and Throat:**  
Throat irritation, upper respiratory inflammation, hoarse voice
- **Lower Respiratory Tract:**  
Viral infections, cough
- **Musculoskeletal:**  
Pain
- **Other:**  
Diarrhea, dizziness

