

# Family Education Sheet

## Asthma Medications: Controllers and Relievers



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### How is asthma treated?

There are two types of asthma medicines: "rescue" and "controller."

- **Rescue medications** are used for **quick relief** during a flare-up.
- **Controller medicines are taken every day to keep asthma under control.** The medicine your doctor prescribes is based on your symptoms.

You were probably given an asthma action plan that will guide you in controlling your asthma. This plan includes information about prescription medicines, avoiding asthma triggers and what to do if symptoms occur.

### Which type of rescue medicine do you use?

With your provider, circle the rescue medicine you are on.



Albuterol  
(ProAir)



Albuterol  
(Proventil)



Albuterol  
(Ventolin)



Levalbuterol  
(Xopenex)

I take \_\_\_\_\_ puffs every \_\_\_\_\_ hours.

### Which type of controller medicine do you use?

With your provider, circle the controller medicine you are on.



Pulmicort



Qvar



Asmanex



Flovent



Advair



Dulera



Symbicort



Singular/Montelukast

I take \_\_\_\_\_ puffs every \_\_\_\_\_ hours.

I take 1 pill or  sprinkles once a day.