

Asthma Action Plan Yellow Zone Formulation Table

Medication in Green Zone	Change in Yellow Zone (all recommendations are for 7-14 days)
ICS MONOTHERAPY	
Flixotide Evohaler (Fluticasone propionate)	
50 mcg 1 puff bid	Increase to 4 puffs bid
125 mcg 1 puff bid	Increase to 4 puffs bid
250 mcg 1 puff bid	Increase to 4 puffs bid
Flixotide Accuhaler (Fluticasone propionate)	
50 mcg 1 puff bid	Increase to 4 puffs bid
100 mcg 1 puff bid	Increase to 4 puffs bid
250 mcg 1 puff bid	Increase to 4 puffs bid
500 mcg 1 puff bid	Increase to 2 puffs bid
Pulmicort Turbuhaler (Budesonide)	
100 mcg 1 puff bid	Increase to 4 puffs bid
200 mcg 1 puff bid	Increase to 4 puffs bid
400 mcg 1 puff bid	Increase to 3 puffs bid
Easyhaler Budesonide DPI	
100 mcg 1 puff bid	Increase to 4 puffs bid
200 mcg 1 puff bid	Increase to 4 puffs bid
400 mcg 1 puff bid	Increase to 3 puffs bid
QVAR Metered Dose Inhaler (Beclomethasone)	
50 mcg 1 puff bid	Increase to 4 puffs bid
100 mcg 1 puff bid	Increase to 4 puffs bid
100 mcg 2 puffs bid	Prednisolone 30-50 mg daily ⁱⁱ
Asmabec Clickhaler DPI (Beclomethasone)	
100 mcg 1 puff bid	Increase to 4 puffs bid
250 mcg 1 puff bid	<i>Option 1:</i> Increase to 4 puffs bid ⁱ <i>Option 2:</i> Prednisolone 30-50 mg daily ⁱⁱ
Alvesco Inhaler (Ciclesonide)	
80 mcg 1 puff od	Increase to 4 puffs od
160 mcg 1 puff od	Increase to 4 puffs od
160 mcg 2 puffs od	Increase to 4 puffs od
Asmanex Twisthaler (Mometasone)	
200 mcg 1 puff od	Increase to 4 puffs od
400 mcg 1 puff od	<i>Option 1:</i> Increase to 4 puffs od ⁱ <i>Option 2:</i> Prednisolone 30-50 mg daily ⁱⁱ
ICS/LABA COMBINATION THERAPY	
Seretide Accuhaler (Fluticasone propionate/Salmeterol)	
100/50 mcg 1 puff bid	Add Flixotide Accuhaler 100 mcg 3 puffs bid
250/50 mcg 1 puff bid	Add Flixotide Accuhaler 250 mcg 3 puffs bid
500/50 mcg 1 puff bid	Add Flixotide Accuhaler 500 mcg 1 puff bid
Seretide Evohaler (Fluticasone propionate/Salmeterol)	
125/25 mcg 1 puff bid	Add Flixotide Evohaler 125 mcg 3 puffs bid
250/25 mcg 1 puff bid	Add Flixotide Evohaler 250 mcg 3 puffs bid
250/25 mcg 2 puffs bid	Add Flixotide Evohaler 250 mcg 2 puffs bid
Symbicort Turbuhaler (Budesonide/Formoterol)	
100/6 mcg 1 puff bid	Increase to 4 puffs bid
200/6 mcg 1 puff bid	Increase to 4 puffs bid
200/6 mcg 2 puffs bid	Add Pulmicort Turbuhaler 400 mcg 2 puffs bid
Douresp Spiromax DPI (Budesonide/Formoterol)	
160/4.5 mcg 1 puff bid	Increase to 4 puffs bid
320/9 mcg 1 puff bid	Add Budesonide DPI 400 mcg 2 puffs bid
Relvar Ellipta (Fluticasone furoate/Vilanterol)	
100/25 mcg 1 puff od	<i>Option 1:</i> Increase to 4 puffs od ⁱ <i>Option 2:</i> Prednisolone 30-50 mg daily ⁱⁱ
200/25 mcg 1 puff od	<i>Option 1:</i> Increase to 4 puffs od ⁱ <i>Option 2:</i> Prednisolone 30-50 mg daily ⁱⁱ
Fostair MDI (Beclomethasone/Formoterol)	
100/6 mcg 1 puff bid	Increase to 4 puffs bid
200/6 mcg 1 puff bid	<i>Option 1:</i> Increase to 4 puffs bid ⁱ <i>Option 2:</i> Prednisolone 30-50 mg daily ⁱⁱ
Fostair Nexthaler DPI (Beclomethasone/Formoterol)	
100/6 mcg 1 puff bid	Increase to 4 puffs bid
200/6 mcg 1 puff bid	<i>Option 1:</i> Increase to 4 puffs bid ⁱ <i>Option 2:</i> Prednisolone 30-50 mg daily ⁱⁱ
Flutiform MDI (Fluticasone propionate/Formoterol)	
50/5 mcg 1 puff bid	Increase to 4 puffs bid
125/5 mcg 1 puff bid	Increase to 4 puffs bid
250/5 mcg 1 puff bid	Increase to 4 puffs bid
Special considerations	
In patients with a history of sudden and severe exacerbations, and/or presenting with PEF or FEV1 ≤60% of personal best/predicted	Prednisolone 30-50mg daily for 5-7 days ⁱⁱ
If patient fails to improve clinically within 2-3 days of increase in inhaled medication, and/or has a rapid clinical deterioration, and/or has a peak expiratory flow or FEV1 that falls to ≤60% of their personal best value	Prednisolone 30-50mg daily for 5-7 days as rescue therapy ⁱⁱ

From: Kouri A, Boulet L-P, Kaptein A, Gupta S. An Evidence-based, point-of-care tool to guide completion of asthma action plans in practice. Eur Respir J 2017.



i: this dose exceeds product monograph total daily dose limits intended for chronic daily use. A short term dose increase beyond these limits is unlikely to carry any significant safety risks, however formal safety testing data are not available and the decision to pursue this approach should be based on patient and clinician comfort
 ii: Ask patients to contact the health care provider to consider a prednisolone prescription and/or provide a standing prescription for prednisolone 30-50mg daily for 5-7 days. Ensure that patients are appropriately counseled about the risks of short-term prednisolone use