

B R E A T H E
the lung association

Asthma Action Plan Yellow Zone Formulation Table

Region: Canada

Asthma Action Plan Yellow Zone Formulation Table (≥ 16 years old)

Medication in Green Zone	Change in Yellow Zone (all inhaler recommendations are for 7-14 days)
ICS MONOTHERAPY	
Flovent HFA (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
50 mcg 2 puffs bid	Increase to 4 puffs qid
125 mcg 2 puffs bid	Increase to 4 puffs qid
250 mcg 2 puffs bid	Increase to 4 puffs bid
Flovent Diskus (Fluticasone propionate)	
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
Arnuity Ellipta (Fluticasone furoate)	
100 mcg 1 puff od	<i>Option 1:</i> Increase to 4 puffs od ⁱ <i>Option 2:</i> Prednisone 30-50 mg daily ⁱⁱ
200 mcg 1 puff od	<i>Option 1:</i> Increase to 4 puffs od ⁱ <i>Option 2:</i> Prednisone 30-50 mg daily ⁱⁱ
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
QVAR MDI (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	<i>Option 1:</i> Increase to 4 puffs qid ⁱ <i>Option 2:</i> Prednisone 30-50 mg daily ⁱⁱ
Alvesco MDI (Ciclesonide)	
100 mcg 1 puff od	Increase to 4 puffs od
200 mcg 1 puff od	Increase to 4 puffs od
200 mcg 2 puffs od	Increase to 4 puffs bid
Asmanex Twisthaler (Mometasone)	
100 mcg 1 puff od	Increase to 4 puffs od
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> Prednisone 30-50 mg daily ⁱⁱ
ICS/LABA COMBINATION THERAPY	
Advair Diskus (Fluticasone propionate/Salmeterol)	
100/50 mcg 1 puff bid	Add Flovent Diskus 100 mcg 3 puffs bid
250/50 mcg 1 puff bid	Add Flovent Diskus 250 mcg 3 puffs bid
500/50 mcg 1 puff bid	Add Flovent Diskus 500 mcg 1 puff bid
Advair HFA (Fluticasone propionate/Salmeterol)	
125/25 mcg 2 puffs bid	Add Flovent HFA 250 mcg 3 puffs bid
250/25 mcg 2 puffs bid	Add Flovent HFA 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
Zenhale MDI (Mometasone/Formoterol)	
100/5 mcg 2 puffs bid	<i>Option 1:</i> Change to Zenhale MDI 200/5 mcg 4 puffs bid ⁱ <i>Option 2:</i> Prednisone 30-50 mg daily ⁱⁱ
200/5 mcg 2 puffs bid	Prednisone 30-50 mg daily ⁱⁱ
Breo Ellipta (Fluticasone furoate/Vilanterol)	
100/25 mcg 1 puff od	<i>Option 1:</i> Increase to 4 puffs od ⁱ <i>Option 2:</i> Prednisone 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> Prednisone 30-50 mg daily ⁱⁱ
Special considerations	
In patients with a history of sudden and severe exacerbations, and/or presenting with PEF or FEV1 ≤60% of personal best/predicted	Prednisone 30-50mg daily for 5-7 days as first line therapy 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	Prednisone 30-50mg daily for 5-7 days as rescue (second line) therapy ⁱⁱ

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 prednisone prescription and/or provide a standing prescription for prednisone 30-50mg daily for 5-7 days. Ensure that patients are appropriately counseled about the risks of short-term prednisone use