

Medication in Green Zone		Change in Yellow Zone (all inhaler recommendations are for 7-14 days)	
DEVICE	DOSING REGIMENS	YELLOW ZONE ESCALATION	
<i>ICS</i>			
Flovent HFA (Fluticasone propionate)	50 mcg 1 puff BID	Increase to 4 puffs BID	
	125 mcg 1 puff BID	Increase to 4 puffs BID	
	125 mcg 2 puffs BID	Increase to 4 puffs QID	
	250 mcg 1 puff BID	Increase to 4 puffs BID	
	250 mcg 2 puffs BID	Increase to 4 puffs QID	
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 daily	Option 1: Increase to 4 puffs daily ¹	Option 2: Prednisone 30-50 mg daily ²
	200 mcg 1 puff daily	Option 1: Increase to 4 puffs daily ¹	Option 2: Prednisone 30-50 mg daily ²
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	Prednisone 30-50 mg daily ²	
Alvesco MDI (Ciclesonide)	100 mcg 1 puff daily	Increase to 4 puffs daily	
	200 mcg 1 puff daily	Increase to 4 puffs daily	
	200 mcg 2 puffs daily	Increase to 4 puffs BID	
Asmanex Twisthaler (Mometasone)	200 mcg 1 puff daily	Increase to 4 puffs daily	
	400 mcg 1 puff daily	Option 1: Increase to 4 puffs daily ¹	Option 2: Prednisone 30-50 mg daily ²
Aermony Respiclick (fluticasone propionate)	55 mcg 1 puff BID	Increase to 4 puffs BID	
	113 mcg 1 puff BID	Increase to 4 puffs BID	
	232 mcg 1 puff BID	Increase to 2 puffs BID	

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<i>ICS/LABA</i>			
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 mg 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 Furoate/Formoterol)	100/5 mcg 2 puffs BID	Option 1: Change to Zenhale MDI 200/5 mcg 4 puffs BID ¹	Option 2: Prednisone 30-50 mg daily ²
	200/5 mcg 2 puffs BID	Prednisone 30-50 mg daily ²	
Breo Ellipta (Fluticasone furoate/Vilanterol)	100/25 mcg 1 puff daily	Option 1: Add Arnuity Ellipta 100 mcg 3 puffs daily ¹	Option 2: Prednisone 30-50 mg daily ²
	200/25 mcg 1 puff daily	Option 1: Add Arnuity Ellipta 200 mcg 3 puffs daily ¹	Option 2: Prednisone 30-50 mg daily ²
Wixela Inhub (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	
Aectura Breezhaler (indacaterol/mometasone)	150/80 mcg 1 puff daily	Option 1: Increase to 4 puffs daily ¹	Option 2: Prednisone 30-50 mg daily ²
	150/160 mcg 1 puff daily	Option 1: Increase to 4 puffs daily ¹	Option 2: Prednisone 30-50 mg daily ²
	150/320 mcg 1 puff daily	Option 1: Increase to 4 puffs daily ¹	Option 2: Prednisone 30-50 mg daily ²

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<i>ICS/LABA/LAMA</i>			
Trelegy Ellipta (fluticasone furoate/umeclidinium/vilanterol)	100/62.5/25 mcg 1 puff daily	Option 1: Add Arnuity Ellipta 100 mcg 3 puffs daily ¹	Option 2: Prednisone 30-50 mg daily for 5-7 days ²
	200/62.5/25 mcg 1 puff daily	Option 1: Add Arnuity Ellipta 200 mcg 3 puffs daily ¹	Option 2: Prednisone 30-50 mg daily for 5-7 days ²
Energair Breezhaler (indacaterol/glycopyrronium/mometasone)	150/50/160 mcg 1 puff daily	Option 1: Add Ateectura Breezhaler 150/320 mcg 3 puffs daily ^{1*}	Option 2: Prednisone 30-50 mg daily ²
Special considerations			
In patients with a history of sudden and severe exacerbations, and/or presenting with PEF or FEV1 ≤ personal best/predicted			Prednisone 30-50 mg daily for 5-7 days as first line therapy ²
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 30-50 mg daily for 5-7 days as rescue (second line) therapy ²

1 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. The decision to pursue this approach should be based on patient and clinician comfort.

2 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.

* For Energair Breezhaler: due to pharmaceutical interactions between the drugs contained in Energair Breezhaler, the 160mcg dose of mometasone delivered in this inhaler is equivalent to the 320mcg dose of mometasone delivered in the Ateectura Breezhaler device, and so in order to accurately quadruple the dose of mometasone, this dose of Ateectura Breezhaler must be used.

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