

understanding your medications

Asthma

Getting a diagnosis can be overwhelming, especially if you need complicated care. Along with good nutrition, taking your prescribed medication as directed is an important part of a successful treatment plan. The Meijer Specialty Pharmacy care team is here for you every step of the way. **Our pharmacists are available 24/7 to answer questions and to help you get the most out of your medication.**

Asthma is a common, chronic inflammatory condition that affects both children and adults. With asthma, the lining of the airways in the lungs become narrowed and inflamed, making the lungs more sensitive to certain substances, sometimes called asthma “triggers”. Triggers include environmental factors like air pollution or pet dander, exercise, stress, weather changes, tobacco smoke, or even certain foods or food additives. There are many different types of medications that are used to treat asthma, but they typically fall into two categories: quick relief (rescue) medications and long-term control medications. People with more severe asthma may also use certain medications (sometimes called “biologics”) that work on the immune system to decrease inflammation in the lungs.

Biologics

Medication Name	How Med Is Given	Common Side Effects	Ways To Lessen Side Effects
Cinqair® (reslizumab)	Infused through an IV	<ul style="list-style-type: none"> • Pain in the mouth or throat • Muscle pain 	<ul style="list-style-type: none"> • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that’s right for you. • Avoid foods that may make your mouth pain worse.
Dupixent® (dupilumab)	Injected into the skin	<ul style="list-style-type: none"> • Pain or redness at the injection site • Pain in the mouth or throat 	<ul style="list-style-type: none"> • Make sure to inject yourself in a different spot each time – don’t inject into the same area over and over again. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that’s right for you.
Fasenra® (benralizumab)	Injected into the skin	<ul style="list-style-type: none"> • Headache • Sore throat 	<ul style="list-style-type: none"> • Make sure to inject yourself in a different spot each time – don’t inject into the same area over and over again. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that’s right for you.
Nucala® (mepolizumab)	Injected into the skin	<ul style="list-style-type: none"> • Headache • Pain or redness at the injection site • Back pain • Fatigue 	<ul style="list-style-type: none"> • Make sure to inject yourself in a different spot each time – don’t inject into the same area over and over again. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that’s right for you. • Eating a variety of healthy foods will help you get all of the vitamins and minerals that you need to feel your best.
Xolair® (omalizumab)	Injected into the skin	<ul style="list-style-type: none"> • Pain in the legs or joints • Fatigue • Dizziness • Itching • Earache 	<ul style="list-style-type: none"> • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that’s right for you. • Eating a variety of healthy foods will help you get all of the vitamins and minerals that you need to feel your best. • Use a moisturizer to keep skin hydrated and to lessen itchiness. • Take your time getting up from laying down or from a long period of sitting. Move slowly and let your body adjust as you rise – this will help keep you from getting overly dizzy.

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Accolate (zafirlukast)	Taken by mouth	<ul style="list-style-type: none"> • Headache 	<ul style="list-style-type: none"> • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you.
Advair Diskus® Advair HFA® AirDuo™ Respiclick Wixela® Inhub (fluticasone/salmeterol)	Inhaled using an inhaler	<ul style="list-style-type: none"> • Yeast infection in the mouth (thrush) • Headache • Infections • Sore throat 	<ul style="list-style-type: none"> • To lower the risk of getting a yeast infection in your mouth (sometimes called thrush), make sure to rinse your mouth with water after each dose. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you. • Practice good hygiene: make sure to wash your hands often and stay away from others who are sick. Make sure to see your doctor right away if you think you might be sick.
Albuterol (ProAir HFA, ProAir Respiclick, Proventil HFA, Ventolin HFA)	Inhaled using an inhaler or nebulizer	<ul style="list-style-type: none"> • Headache • Muscle tremors/feeling shaky • Nausea • Headache • Heart palpitations or racing heartbeat • Sore throat 	<ul style="list-style-type: none"> • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you. • Talk to your doctor or pharmacist to make sure you are using your inhaler correctly and to practice your inhaler technique. • Eating small, frequent meals throughout the day can help limit nausea and stomach upset. • Avoid foods that make your throat pain worse.
Alvesco® (ciclesonide)	Inhaled using an inhaler	<ul style="list-style-type: none"> • Headache • Sore throat 	<ul style="list-style-type: none"> • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you.
Arnuity™ Ellipta® Flovent® Diskus Flovent® HFA (fluticasone)	Inhaled using an inhaler	<ul style="list-style-type: none"> • Joint pain • Yeast infection in the mouth (thrush) • Voice changes • Fatigue • Headache • Trouble sleeping 	<ul style="list-style-type: none"> • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you. • To lower the risk of getting a yeast infection in your mouth (sometimes called thrush), make sure to rinse your mouth with water after each dose. • Eating a variety of healthy foods will help you get all of the vitamins and minerals that you need to feel your best.
Asmanex® Twisthaler Asmanex® HFA (mometasone)	Inhaled using an inhaler	<ul style="list-style-type: none"> • Joint pain • Yeast infection in the mouth (thrush) • Fatigue • Headache • Infection 	<ul style="list-style-type: none"> • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you. • To lower the risk of getting a yeast infection in your mouth (sometimes called thrush), make sure to rinse your mouth with water after each dose. • Eating a variety of healthy foods will help you get all of the vitamins and minerals that you need to feel your best. • Practice good hygiene: make sure to wash your hands often and stay away from others who are sick. Make sure to see your doctor right away if you think you might be sick.

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Azmacort® (triamcinolone)	Inhaled using an inhaler	<ul style="list-style-type: none"> • Joint pain • Yeast infection in the mouth (thrush) • Fatigue • Headache • Infection 	<ul style="list-style-type: none"> • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you. • To lower the risk of getting a yeast infection in your mouth (sometimes called thrush), make sure to rinse your mouth with water after each dose. • Eating a variety of healthy foods will help you get all of the vitamins and minerals that you need to feel your best. • Practice good hygiene: make sure to wash your hands often and stay away from others who are sick. Make sure to see your doctor right away if you think you might be sick.
Breo Ellipta® (fluticasone/vilanterol)	Inhaled using an inhaler	<ul style="list-style-type: none"> • Back pain • Yeast infection in the mouth (thrush) • Increased blood sugar • Infections 	<ul style="list-style-type: none"> • To lower the risk of getting a yeast infection in your mouth (sometimes called thrush), make sure to rinse your mouth with water after each dose. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you. • Eating small, frequent meals throughout the day can help limit nausea and stomach upset.
Dulera® (formoterol/ mometasone)	Inhaled using an inhaler	<ul style="list-style-type: none"> • Headache • Flu • Sore throat • Voice changes 	<ul style="list-style-type: none"> • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you. • Practice good hygiene: make sure to wash your hands often and stay away from others who are sick. Make sure to see your doctor right away if you think you might be sick.
Levalbuterol (Xopenex)	Inhaled using an inhaler or nebulizer	<ul style="list-style-type: none"> • Headache • Sore throat • Vomiting 	<ul style="list-style-type: none"> • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you. • Talk to your doctor or pharmacist to make sure you are using your inhaler correctly and to practice your inhaler technique. • Eating small, frequent meals throughout the day can help limit nausea and stomach upset. • Avoid foods that make your throat pain worse.
Pulmicort Flexhaler® (budesonide)	Inhaled using an inhaler	<ul style="list-style-type: none"> • Diarrhea • Headache • Nausea 	<ul style="list-style-type: none"> • Eating a variety of healthy foods will help you get all of the vitamins and minerals that you need to feel your best. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you.
Pulmicort Flexhaler® (budesonide)	Inhaled using an inhaler	<ul style="list-style-type: none"> • Diarrhea • Headache • Nausea 	<ul style="list-style-type: none"> • Eating a variety of healthy foods will help you get all of the vitamins and minerals that you need to feel your best. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you.
QVAR® (beclomethasone)	Inhaled using an inhaler	<ul style="list-style-type: none"> • Yeast infection in the mouth (thrush) • Voice changes • Hoarseness • Headache • Nasal irritation 	<ul style="list-style-type: none"> • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you. • To lower the risk of getting a yeast infection in your mouth (sometimes called thrush), make sure to rinse your mouth with water after each dose.

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Serevent® , Serevent® Diskus (salmeterol)	Inhaled using an inhaler	<ul style="list-style-type: none"> • Headache • Muscle pain 	<ul style="list-style-type: none"> • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you.
Singulair® (montelukast)	Taken by mouth	<ul style="list-style-type: none"> • Cough • Diarrhea • Heartburn • Fatigue • Headache 	<ul style="list-style-type: none"> • Eating a variety of healthy foods will help you get all of the vitamins and minerals that you need to feel your best. • Talk to your doctor or pharmacist to help choose an over-the-counter heartburn medication that's right for you. • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you. • Eating small, frequent meals throughout the day can help limit nausea and stomach upset.
Symbicort® (budesonide/ formoterol)	Inhaled using an inhaler	<ul style="list-style-type: none"> • Back pain • Yeast infection in the mouth (thrush) • Increased blood sugar • Infections 	<ul style="list-style-type: none"> • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you. • Practice good hygiene: make sure to wash your hands often and stay away from others who are sick. Make sure to see your doctor right away if you think you might be sick. • Choose foods with less added sugar to keep your blood sugar in balance. See the Reading a Food Label handout in the Tools and Resources section for more information. • To lower the risk of getting a yeast infection in your mouth (sometimes called thrush), make sure to rinse your mouth with water after each dose.
Zyflo® (zileuton)	Taken by mouth	<ul style="list-style-type: none"> • Headache 	<ul style="list-style-type: none"> • Talk to your doctor or pharmacist to help choose an over-the-counter pain reliever that's right for you.