

Bronchodilators (long-acting inhaled)

Generic name	Brand name
<input type="checkbox"/> fomoterol	Foradil®
<input type="checkbox"/> salmeterol	Serevent®

How does the medicine work?

This medicine opens the airways in the lungs by relaxing the muscles around the airways. It is usually used to prevent symptoms at night or during long exercise sessions.

This medicine takes 30 to 60 minutes to start working, so never use it to treat an asthma episode. Use a quick-acting bronchodilator like albuterol to stop an episode.

How should I give it?

This medicine is only available in the inhaler form. (See the education sheet, “Inhalers,” for instructions on how to use an inhaler.)

No waiting between puffs is needed because it takes a long time to begin working.

This medicine should be taken at the same time each day if possible. Each dose should last about 12 hours. **Do not** give it more often, or in larger amounts, without first checking with your doctor.

Are there any precautions about food or other medicines?

Foods or drinks containing caffeine may increase the side effects of this medicine.

If your child also uses a quick-acting bronchodilator inhaler, it should be carried with the child for use during an asthma episode.

This medicine helps **prevent** asthma episodes. **It does not stop an episode** that has already begun. If you are not sure which medicine to use for an episode, talk to your doctor or pharmacist.

If it is the usual time to take this medicine but your child is having asthma symptoms, use the quick-acting bronchodilator first. It should begin to wear off by the time the long-acting inhaler starts to work.

Do **not** use this medicine along with combination products that contain the same medicine, such as Advair® or Symbicort®.

If your child is taking medicines for depression, heart problems, or thyroid problems, check with the doctor or pharmacist before using this medicine. Check with the doctor, nurse practitioner, or pharmacist before giving **any** other prescription or non-prescription medicines, herbs, or vitamins.

What should I do if a dose is missed?

If a dose is missed, take it as soon as you remember, unless it is less than 6 hours until the next dose. In that case, skip the missed dose and continue with the regular schedule. **Never give a double dose.**

If a dose is missed, some extra doses of a quick-acting bronchodilator medicine like albuterol may be needed.

What are the side effects of this medicine?

This medicine may cause jitteriness, fast heartbeat, shaky hands, or headache. These symptoms should decrease as your child's body gets used to the medicine.

When should I call the doctor?

- fever, chills
- cough, sore throat, runny or stuffy nose
- nausea (upset stomach) or diarrhea
- numbness or tingling in hands or feet
- trouble sleeping

Call right away if your child has:

- fast, pounding, or irregular heartbeat
- lightheadedness, fainting
- seizures
- signs of allergic reaction:
 - fever or chills
 - rash or hives
 - swelling or tingling in hands, face, mouth, or throat
 - trouble breathing - **call 911**

What else do I need to know?

Do not stop using this medicine without first checking with your doctor.

This medicine should be used along with an inhaled corticosteroid.

Women who plan to become pregnant soon should talk with the doctor about the benefits and risks of taking this medicine while pregnant.

You and your child should know the names of all the medicines he or she is taking. **Share this information** with anyone involved in your child's health care.

Always make sure you have enough medicine on hand. Ask your child's doctor or pharmacist how long each inhaler should last and get into the habit of refilling your inhalers regularly. Each time you refill the prescription, check to see how many refills are left. If no refills are left the pharmacy will need 2 or 3 days to contact the clinic to renew the prescription.

Inhalers are designed to work at room temperature. Do not allow them to freeze or become very hot. Do not store in humid places such as the bathroom. Keep them out of children's reach, locked up if possible.

If too much or the wrong kind of medicine is taken, call the Poison Control Center at 1-800-222-1222.

Questions?

This sheet is not specific to your child, but provides general information. If you have any questions, please call the clinic or pharmacy.