

Tshuaj siv rau hawb pob

(Hmong)

Koj thiab koj tus me nyuam yuav tsum paub txhua lub npe tshuaj koj tus me nyuam noj. Ib tug neeg twg nws tus kab mob “asthma” txawv thiab cov tshuaj noj zoo rau ib tug tej zaum tsis zoo rau lwm tus. Txhua zaum yuav tsum siv cov tshuaj kom npaum li thiab raws li koj tus minyuam tus kws khomob xaj. Txhua zaum xyuas kom meej tias koj muaj tshuaj txaus nyob rawv tawm yus tas li.

Asthma medicines

(English)

You and your child should know the name of each medicine your child is taking. Each person’s asthma is different and medicines that help one person may not help another. Always use medicines in the amount and method prescribed. Always make sure you have enough medicines on hand.

Tshuaj ntshawb hlab ntsws nqus pa rau hauv dim pa sai (cawm siav los sis tshuaj daws)

Quick acting inhaled bronchodilators (rescue or reliever medicines)

Hom muaj npe (Brand name)	Hom pheej yig (Generic name)	Yam yuav tau paub	Things to know	Tej tshwm sim	Side effects
Maxair®	pirbuterol	<ul style="list-style-type: none"> • Qhib txoj hlab ntsws ua kom cov leeg ncig txoj hlab ntsws ntaug. 	<ul style="list-style-type: none"> • Opens airways by relaxing the muscles around the airways. 	<ul style="list-style-type: none"> • Tes tshee “hyper” hnov plawv dhia ceev, mob taub hau 	<ul style="list-style-type: none"> • Shaky hands, “hyper” feeling, fast heartbeat, headache
Proventil® HFA	albuterol	<ul style="list-style-type: none"> • Yuav tsum siv ua ntej yog yuav siv lwm yam tshuaj hlab ntsws thiab. 	<ul style="list-style-type: none"> • Should be used first if other inhalers are taken at the same time. 	<ul style="list-style-type: none"> • Tej tshwm sim no feem ntau kav sij hawm luv xwb. Tej zaum lawv yuav ploj thaum siv cov tshuaj. 	<ul style="list-style-type: none"> • Side effects usually only last a short time. They will probably go away after using the medicine regularly.
Ventolin®	levalbuterol	<ul style="list-style-type: none"> • Sim tos li 1 feeb nruab nrab qhov nqus tshuaj kom qhov nqus xub thawj ua hauj lwm tso. 	<ul style="list-style-type: none"> • Try to wait 1 minute between puffs to let first puff begin working. 	<ul style="list-style-type: none"> • Hu kws kho mob yog tej kev tshwm sim no meem txom thiab tsi ploj li. 	<ul style="list-style-type: none"> • Call doctor if the side effects are too bothersome or do not stop.
Xopenex®		<ul style="list-style-type: none"> • Cov tshuaj no pib ua hauj lwm li ntawm 5 feeb thiab kav ntev 4 rau 6 teev. 	<ul style="list-style-type: none"> • These medicines start working in about 5 minutes and last 4 to 6 hours. 		

Tshuaj ntshawb hlab ntsws nqus pa rau hauv kav ntev mus (cov tswj)

Long-acting inhaled bronchodilators (controllers)

Hom muaj npe (Brand name)	Hom pheej yig (Generic name)	Yam yuav tau paub	Things to know	Tej tshwm sim	Side effects
Foradil® Serevent®	formoterol salmeterol	<ul style="list-style-type: none"> • Qhib txoj hlab ntsws ua kom cov leeg ncig txoj hlab ntsws ntaug muag. • Siv nrug li 12 teev. Tsis txhob siv ntau tshaj 2 zaug ntawm ib hnuv. • Tsis zoom siv daws tej mob. • Kuj tsim nyog siv ib cov nqus pa rau hauv corticosteroid 	<ul style="list-style-type: none"> • Opens airways by relaxing muscles around the airways. • Take about 12 hours apart. Do not take more than twice a day. • Never use to relieve symptoms. • Should also be on an inhaled corticosteroid 	<ul style="list-style-type: none"> • Ib yam li saum toj no 	<ul style="list-style-type: none"> • Same as above

Tshuaj ntshawb pa (cov tshwj)

Inhaled corticosteroids (controllers)

Hom muaj npe (Brand name)	Hom pheej yig (Generic name)	Yam yuav tau paub	Things to know	Tej tshwm sim	Side effects
Azmacort® Axmanex® Flovent® Pulmicort® QVAR®	Triamcinolone Mometasone fluticasone budesonide beclomethasone	<ul style="list-style-type: none"> • Tiv thaiv qhov o, liab ncaus, thiab kua nplaum hnoos qeev hauv hlab ntsws • Kav tsij siv cov tshuaj no txhua hnuv kom tiv thaiv cov kev mob • Tsis txhob tsum tsis siv cov tshuaj no kom txog thaum kws khomob qhia kom koj tsum. 	<ul style="list-style-type: none"> • Prevents swelling, inflammation, and mucus inside the airways • Continue using this medicine every day to prevent episodes • Do not stop taking this medicine until the doctor tells you to stop 	<ul style="list-style-type: none"> • Txhaws qa • Tej zaum qhov ncauj tawm; yaug qhov ncauj thiab nti pov tseg tom qab yaug kom txhob mob • Yuav tsum siv nrog tus raj txuas (tshwj tsis yog tias siv cov hmoov qhuav) 	<ul style="list-style-type: none"> • Hoarseness • Possible thrush; rinse mouth and spit after each use to prevent it. • Must be used with a spacer (except if using a dry powder inhaler)

Nqus pa corticosteroids / tshuaj ntsawb hlab ntsws kav ntev mus ob peb yam ua ke (cov tswj)
Inhaled corticosteroid / Long-acting bronchodilator combinations (controllers)

Hom muaj npe (Brand name)	Hom pheej yig (Generic name)	Yam yuav tau paub	Things to know	Tej tshwm sim	Side effects
Advair® Symbicort®	fluticasone thiab salmeterol budesonide thiab formoterol	<ul style="list-style-type: none"> Tiv thaiv qhov O, nruj, thiab muaj hnoos qeev hauv hlab pas Qhib cov hlab pas los ntawm qhov ua kom cov leeg ib ncig ntawv xoob. Siv txhua hnuab kom tiv thaiv qhov ua rov tuaj. Txob tsum tsis siv cov tshuaj no kom txog thaum kws khomob hais kom tsum tso. Tsis zoom siv txos qhov mob hawb lawm. Siv sib nrug li 12 teev. Tsis zoo siv ntau tshaj 2 zaug ib hnuab. 	<ul style="list-style-type: none"> Prevents swelling, inflammation, and mucus inside the airways Opens airways by relaxing muscles around them Take every day to prevent episodes. Do not stop taking this medicine until the doctor tells you to stop. Never use it to relieve symptoms. Take doses about 12 hours apart. Do not take more than twice a day. 	<ul style="list-style-type: none"> Txhaws qa Tawm ncauj tau; yaug qhov ncauj txhua zaus siv tshuaj tas kom tiv thaiv. 	<ul style="list-style-type: none"> Hoarseness Possible thrush; rinse mouth and spit after each use to prevent it.

Leukotriene cov txais twv ntiab tawm (cov tswj)
Leukotriene receptor antagonist (controller)

Hom muaj npe (Brand name)	Hom pheej yig (Generic name)	Yam yuav tau paub	Things to know	Tej tshwm sim	Side effects
Singulair®	montelukast	<ul style="list-style-type: none"> Tiv thaiv qhov mob los ntawm ua kom cov nqaj hauv txoj hlab cua nyob tau twj ywm; thaiv qhov uas kom mob hawb dua tuaj. Siv txhua hnuab kom tiv thaiv qhov ua rov tuaj. Tsis zoom siv txo qhov mob hawb lawm. Tsis txhob tsum tsis siv cov tshauj no kom txog thaum kws khomob hais kom tsum tso. 	<ul style="list-style-type: none"> Prevents swelling, inflammation, and mucus. Take every day to prevent episodes. Never use to relieve symptoms. Do not stop taking this medicine until your doctor tells you to stop. 	<ul style="list-style-type: none"> Mob taub hau los yog mob plab. Hu kws kho mob yog hais tias mob xws li yuav tau khaub thuas. 	<ul style="list-style-type: none"> Headache or stomachache Call the doctor if flu-like symptoms occur.

Tshuaj noj (Oral corticosteroids)
Oral corticosteroids

Hom muaj npe (Brand name)	Hom pheed yig (Generic name)	Yam yuav tau paub	Things to know	Tej tshwm sim	Side effects
Orapred® Pediapred® Prelone® (ntau hom) (various brands)	prednisolone prednisone	<ul style="list-style-type: none"> Txo qhov O, nruj, thiab hnoos qeev hauv hlab pas Noj rauws nraim li kws khomob hais. Pib ua hauj lwm li 6 rau 12 teev 	<ul style="list-style-type: none"> Decreases swelling, inflammation, and mucus inside the airways Take exactly as prescribed by your doctor. Starts to work in 6 to 12 hours 	<ul style="list-style-type: none"> Tshaib plab, mob plab, siab ntsws hloov, tsis tawm fws, ntsej muag ntsaus; tej zaum ua rau yas txha mob me ntsis tom qab ntawd Siv tshuaj ntev yuav ua lwm yam mob; tham nrog koj tus kws kho mob. Noj nrog mov los yog mis thiaj tsis mob plab. 	<ul style="list-style-type: none"> Increased appetite, stomachache, mood changes, fluid retention, flushed face; perhaps temporary joint pain after it is stopped Long-term use may cause other side effects; talk to your doctor Take with food or milk to avoid stomachache.

Lus nug?

Daim ntawv no tsis yog hais txog koj tus me nyuam xwb, yog qhia txog lwm yam thiab rau sawv daws. Yog koj muaj lus nug, thov hu rau kws kho mob los yog kws muab tshuaj.

Questions?

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