

Beta-Agonist Bronchodilators

Beta-agonist bronchodilators have a direct and immediate effect on air flow. They open the airways by relaxing the muscles surrounding the bronchial tubes, thus quickly relieving shortness of breath, chest tightness, wheezing, and/or coughing.

- **Short Acting forms** include inhalers and nebulizer solutions for inhalation. They are generally used as symptom **“Relievers”** or **“Rescue”** medications for quick relief of asthma symptoms or to prevent asthma from occurring during exercise.
- **Long Acting forms** include inhalers and nebulizer solutions and are a component of **“Maintenance”** or **“Controller”** medications in asthma. They act to keep the bronchial passages open on a day to day basis. The “long-acting” forms do not work quickly enough to be useful as “symptom relievers” and should not be taken for “rescue” medications.

Short-Acting Inhalers	Long-Acting Inhalers (Taken on a long term, regular basis)
Albuterol HFA (ProAir, Proventil, or Ventolin) and Albuterol nebulizer solution	Advair Diskus or HFA, Symbicort HFA, Dulera HFA, Breo, and Ellipta
Alupent HFA and nebulizer solution	Serevent (Salmeterol) Diskus and Foradil, Formoterol and Performist nebulizer solution
Combivent HFA, Duoneb nebulizer (combination Ipratropium + Albuterol)	Indacaterol (Arcapta Neohaler), Spiriva, and Brovana
Xopenex HFA and nebulizer solution	

Possible Side Effects: tremor, headache, nervousness, rapid heartbeat and increased blood pressure.

Special Instructions:

- Notify your provider if you are pregnant or breast-feeding or have any other medical illness so the side effects of some of these medications can be discussed
- Do not exceed the recommended dosage of these medications. If you find the medication is not controlling or helping your symptoms, or its duration of effect is lessening, this may mean that your asthma is worsening - call and inform your provider.