

MONTELUKAST

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If you have asthma or seasonal allergies, you may be prescribed Montelukast. You may also be familiar with its brand name, Singulair.

Montelukast is a high alert medication, which means if you do not take it exactly as prescribed, it may cause illness or injury.

To understand how Montelukast works, let's look at how asthma and allergies affect your body.

When we breathe, air enters our lungs where it is cleaned and delivered to the rest of the body through the blood stream.

But the lungs of people with Asthma or allergies are extra sensitive.

Tiny substances like dust, smoke and pollen irritate the lining of the lungs, causing inflammation and swelling. This causes the muscles in the lungs to tighten and contract and leads to increased mucus production. When this happens, it becomes difficult for air to get in and out of the lungs.

Montelukast blocks your body from reacting to the tiny substances that irritate your lungs. This prevents your airways from swelling, making it easier for you to breathe.

Montelukast comes in a chewable tablet, coated tablet or granules. Your healthcare provider will decide how much you need to take and how best to take it.

Montelukast is a powerful medication. Some people should not take it. Do not take Montelukast if you are allergic to the ingredients in it. If you are allergic to Phenylalanine, do not use the granules or chewable tablets.

If you are pregnant, planning to get pregnant, or are breastfeeding, tell your healthcare provider. This medication is likely safe, but you and your healthcare provider will decide what is best for you.

Before taking Montelukast, tell your healthcare provider if you have a history of: liver problems, depression, or thoughts of suicide.

Some side effects of Montelukast include: stomach pain, dizziness, diarrhea, cough, headache, skin rash, tooth pain, or feeling tired.

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If you do notice any of these side effects, contact your healthcare provider about how to manage them.

Be aware that Montelukast will not stop an Asthma attack that has already started. Always carry a short-acting rescue inhaler with you for sudden asthma symptoms you may experience between doses of Montelukast.

If you have an allergic reaction like: trouble breathing, hives, or swelling of your face or throat, call 911.

If you have: seizures, yellow eyes or skin, change in mood or behavior, or thoughts of hurting yourself, call 911 and get help immediately.

This is not a complete list of side effects. Make sure you discuss all possible side effects with your healthcare provider.

Take Montelukast exactly as prescribed. Do not change your dose.

If you are taking the Montelukast tablet, always swallow the pill whole with plenty of water.

The chewable tablet should be chewed completely before you swallow it.

And if you take the granules, you can put them directly into your mouth or mix them with a soft food like applesauce or ice cream.

If giving Montelukast to a child, you can mix the granules with a teaspoon of formula, breast milk or other cold or room temperature beverage. Make sure the granules are consumed within 15 minutes.

Montelukast should be taken once a day, usually in the evening. It is important to take this medication every day, even if you don't have symptoms. This medication builds up to help your body avoid asthma attacks and allergy symptoms.

If you do miss a dose, take your Montelukast as soon as possible and then take your next dose the following evening. If it is almost time for your next dose, skip your missed dose and return to your normal medication schedule.

Do not double dose. If you think you have taken too much Montelukast, call 911.

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Store Montelukast away from moisture and direct sunlight. Your bathroom medicine cabinet is not the best place because of moisture. Do not leave your medication where it can get too hot or too cold. Always store your medication out of sight and out of reach of children to prevent accidents.

When you are done taking Montelukast, crush all of your remaining tablets and mix them with undesirable trash like kitty litter or coffee grounds. Contact your healthcare provider or pharmacist about the proper way to dispose of your medications.

Montelukast can help you breathe easier. But it is a powerful medication that should only be taken exactly as prescribed. If you have any questions about Montelukast, ask your healthcare provider and pharmacist for more information.