

Asthma Management: Possible Side Effects of Your Medications

Asthma medications - like most medications - can cause side effects.

Some of the most common side effects are: an increased heart rate, dizziness, shakiness, feeling jittery or nervous, coughing, a sore throat, dry mouth or hoarseness, a bad taste in the mouth or thrush, which is a yeast infection in the mouth.

Thrush and hoarseness can be prevented by rinsing your mouth and spitting out the water or brushing your teeth after using inhaled steroid medications.

And tell your healthcare provider if you suspect you have thrush. It can be treated with an oral antifungal medication.

There may be a different medication you can take, or your dosage may be changed to help reduce the side effects.

Let your healthcare provider know about these or any other side effects you experience. Also tell your healthcare provider if you notice your asthma symptoms getting worse, such as coughing, wheezing, or if your symptoms cause you to wake up at night.

When given a prescription for a new medicine, ask what side effects you can expect, what side effects are uncommon, and which should be reported to your healthcare provider.

Side effects can depend on the type of medication and device used to take it.

Side effects are usually temporary. So if you experience them, don't stop taking your medication.

Being aware of possible medication side effects is an important part of managing your asthma. But if you experience any, don't give up. Together you and your provider will find the right medications that work for you.