

Non-Inhaler Asthma Medications

When you have asthma, you probably have been prescribed at least one type of asthma inhaler to help you manage your asthma.

But you may also have taken or been prescribed other types of medications as well.

For example, in an emergency room, you may have been treated with asthma medicine through a nebulizer.

A nebulizer is a device that turns liquid medication into a vapor so you can easily breathe it in. It uses the same medication as inhalers.

“Some of the advantages of a nebulizer include the fact that you don’t really have to concentrate on your breathing.”

When you are not in the hospital and need to manage your asthma symptoms your healthcare provider may prescribe long-lasting asthma medications that are taken orally – or by mouth.

Make sure you take these as directed. If you miss a dose don’t double dose.

Instead, talk to your health care provider about what you should do if you miss a dose, or if you have any side effects.

“I have a little pill organizer, and I have my little compartment for morning pills and a compartment for the evening pills, and I take my morning before I go to work and evening at dinnertime.”

Your medication might also come in the form of an injectable medication.

“For my injectable I have that noted on my calendar of every other Sunday I do my injectable.”

“I get it in the mail once a month and it’s packed in this huge box. It has to be kept refrigerated.”

And finally, if your asthma is triggered by allergies, your healthcare provider may recommend allergy shots.

“I started my shots in March. So it’s been pretty good. It’s been pretty good. This is the first time probably since I was diagnosed in my thirties, you know, 20-some years ago, that I’ve been able to go outside in April, May and June and I could actually breathe.”

Asthma can be difficult to control. Use the medications prescribed directly to you as instructed to get the best control possible and manage your asthma.