

Recommended Doses of Asthma Medications

Medicine		Dose			
Name	How supplied	0-4 yr	5-11 yr	12 yr-adult	Comments
Albuterol (nebulized)	2.5 mg/ 3 ml saline 1.25 mg/ 3 ml saline 5 mg/ml (0.5%) (20 ml dropper bottle)	0.63-2.5 mg in 3 ml saline Q 4-6 hr as needed	1.25- 5 mg in 3 ml saline Q 4-8 hr as needed	1.25- 5 mg in 3 ml saline Q 4-8 hr as needed	Usual max dose for home use= 2.5 mg.
Albuterol HFA MDI	90 mcg/puff (80 or 200 puffs/MDI)	1-2 puffs 5 mins. prior to exercise 2 puffs Q 4-6 hr prn	2 puffs 5 min prior to exercise 2 puffs Q 4-6 hr prn	2 puffs 5 min prior to exercise 2 puffs Q 4-6 hr prn	May give higher dose (4-5 puffs) for severe asthma symptoms at home
Ipratropium (Atrovent®)	0.5 mg/ 2.5ml	0.25-0.5 mg Q 20 min for 3 doses	0.25-0.5 mg Q 20 min for 3 doses	0.5 mg Q 20 min for 3 doses	Give with albuterol for mod-severe exacerbations in ED
Levalbuterol (Xopenex™) nebulized	0.63 mg/ 3ml 1.25 mg/3ml	0.31-1.25 mg Q 4-6 hr as needed	0.31-1.25 mg Q8 hr as needed	0.63-1.25 mg Q 8hr as needed*	(Use one-half the mg dose of Albuterol) Usual max dose for home use = 1.25 mg
Levalbuterol (Xopenex™) MDI	45 mcg/puff (200 puffs/canister)	1-2 puffs 5 mins. prior to exercise 2 puffs Q 4-6 hr prn	2 puffs Q 4-6 hr prn	2 puffs 5 min prior to exercise 2 puffs Q 4-6 hr prn	
Prednisone Methylprednisolone Prednisolone	Prednisone: 5, 10, 20, 50 mg tab; 5mg/5ml Prednisolone: 5 mg tab; 15 mg/5ml	1-2 mg/kg/day for 3-10 days (max : 60 mg/day)	1-2 mg/kg/day (max: 60 mg/day)	40-60 mg/day for 3-10 days	"short burst": 3-10 days
Montelukast (Singulair®)	4 mg oral granules/tab 5 mg; 10 mg tab	4 mg Q hs	5 mg Q hs (6-14 yrs)	10 mg Q hs (15 yr and older)	

Based on NAEPP: Expert Panel 3: Guidelines for the diagnosis and management of asthma. 2007. 02/26/08 P.R. Wood