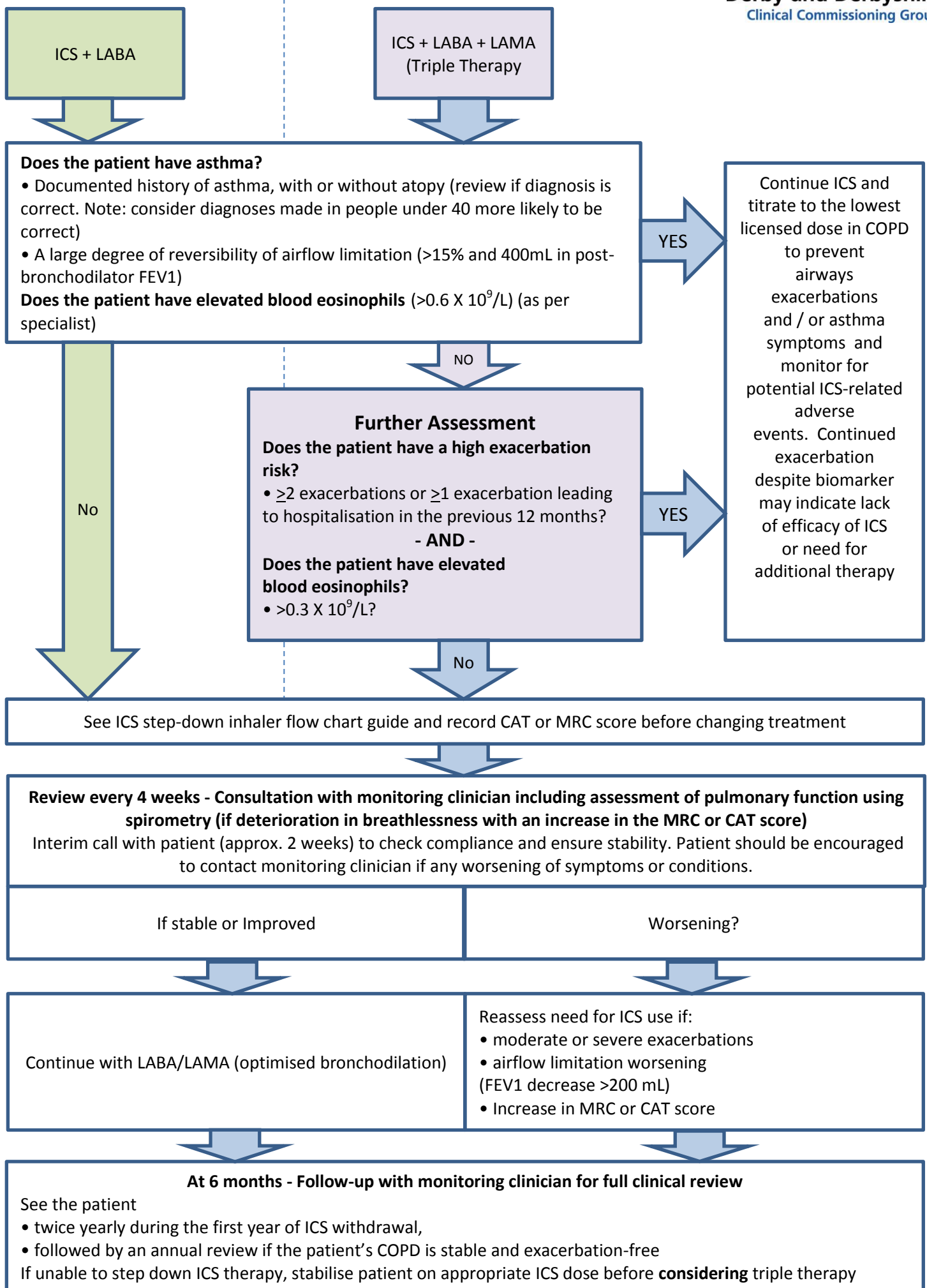


Optimisation of inhaled Corticosteroids (ICS) in COPD

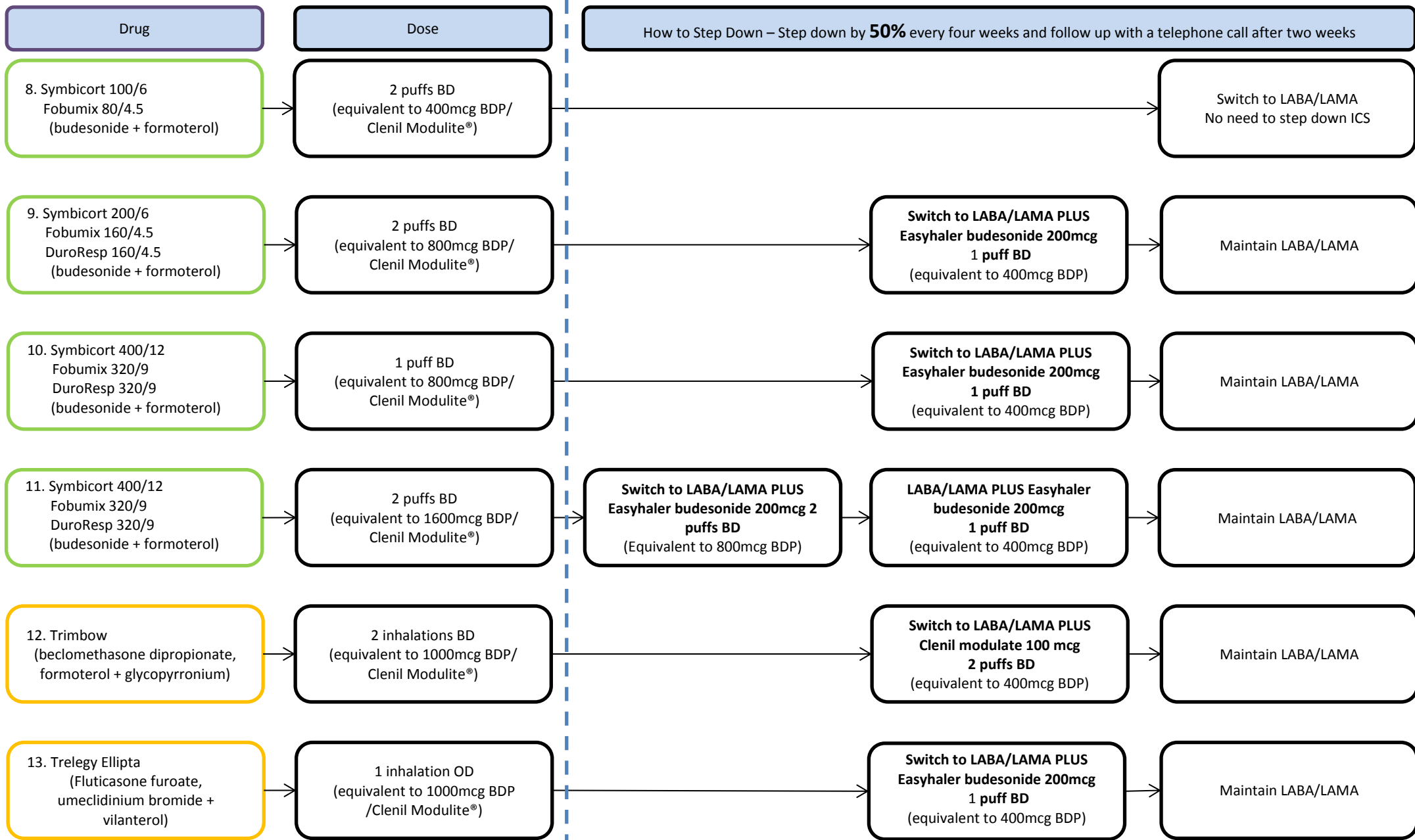


Inhaled Corticosteroid (ICS) in COPD Step-down inhaler Guide

NOTE: Clenil Modulate and Easyhaler budesonide are unlicensed for monotherapy in COPD. Choice of LABA/LAMA should be driven by patient choice and device acceptability.

How to Step Down – Step down by approx. **50%** every four weeks and follow up with a telephone call after two weeks

Drug	Dose			
1. Seretide/AirFluSal 250 Evohaler (fluticasone propionate + Salmeterol)	2 puffs BD (equivalent to 2000mcg BDP/Clenil Modulite®) BDP= Beclomethasone Dipropionate	Switch to LABA/LAMA PLUS Clenil modulate 200-250 mcg 2 puffs BD (equivalent 800-1000mcg BDP)	LABA/LAMA PLUS Clenil modulate 100 mcg 2puffs BD (equivalent to 400mcg BDP)	Maintain LABA/LAMA
2. Seretide/AirFluSal/Fusacomb 250 DPIs (fluticasone propionate + Salmeterol)	1 puff BD (equivalent to 1000mcg BDP/ Clenil Modulite®)		Switch to LABA/LAMA PLUS Easyhaler budesonide 200mcg 1 puff BD (equivalent to 400mcg BDP)	Maintain LABA/LAMA
3. Seretide/AirFluSal/Fusacomb 500 DPIs (fluticasone propionate + Salmeterol)	1 puff BD (equivalent to 2000mcg BDP/ Clenil Modulite®)	Switch to LABA/LAMA PLUS Easyhaler budesonide 200mcg 2 puffs BD (equivalent 800mcg BDP)	LABA/LAMA PLUS Easyhaler budesonide 200mcg 1 puff BD (equivalent to 400mcg BDP)	Maintain LABA/LAMA
4. Fostair MDI 100/6 MDI (beclomethasone dipropionate + formoterol) Extra fine particles	2 puffs BD (equivalent to 1000mcg BDP/ Clenil Modulite®)		Switch to LABA/LAMA PLUS Clenil modulate 100 mcg 2puffs BD (equivalent to 400mcg BDP)	Maintain LABA/LAMA
5. Fostair 100/6 NextHaler (beclomethasone dipropionate + formoterol) Extra fine particles	2 puffs BD (equivalent to 1000mcg BDP/ Clenil Modulite®)		Switch to LABA/LAMA PLUS Easyhaler budesonide 200mcg 1 puff BD (equivalent to 400mcg BDP)	Maintain LABA/LAMA
6. Fostair 200/6 MDI (beclomethasone dipropionate + formoterol) Extra fine particles	2 puffs BD (equivalent to 2000mcg BDP/ Clenil Modulite®)	Switch to LABA/LAMA PLUS Clenil modulate 200-250 mcg 2 puffs BD (equivalent 800-1000mcg BDP)	Switch to LABA/LAMA PLUS Clenil modulate 100 mcg 2puffs BD (equivalent to 400mcg BDP)	Maintain LABA/LAMA
7. Fostair 200/6 NextHaler (beclomethasone dipropionate + formoterol) Extra fine particles	2 puffs BD (equivalent to 2000mcg BDP/ Clenil Modulite®)	Switch to LABA/LAMA PLUS Easyhaler budesonide 200mcg 2 puffs BD (equivalent to 800mcg BDP)	Switch to LABA/LAMA PLUS Easyhaler budesonide 200mcg 1 puff BD (equivalent to 400mcg BDP)	Maintain LABA/LAMA



Patients on HIGH dose ICS need a steroid card, e.g.		
> 1000 micrograms (BDP equivalent)/day	High dose	ICS card is required
800-1000 micrograms (BDP equivalent)/day	Medium dose	Consider an ICS card
< 800 micrograms (BDP equivalent)/day	Low dose	No ICS card is required

This step down document should be used as a guide and care should be individualised for each patient. It is important to ensure the dose of LABA/LAMA is maintained and not stepped down at the same time. **Please ensure the following are checked prior to prescribing: Inhaler technique and use of in-check device.**

Steroid Dose Comparison

Table 1 demonstrates the variation in BDP equivalence across different inhaled corticosteroids

Table 1: VARIATIONS IN BDP EQUIVALENCE	
Inhaled Corticosteroid	Equivalence to 400mcg beclometasone dipropionate (BDP)/day
Beclometasone - Clenil [®]	400mcg
Beclometasone - Fostair [®] Extra fine particles	No 400mcg equivalent: 200mcg Fostair [®] = 500mcg BDP
Beclometasone - Qvar [®] Extra fine particles	200mcg Qvar [®] = 400-500mcg BDP (refer to SPC)
Budesonide - Pulmicort [®] /DuoResp [®] /Symbicort [®]	400mcg
Fluticasone - Flixotide [®] /AirFluSal [®] /Seretide [®]	200mcg
Ciclesonide - Alvesco [®]	160-240mcg
Mometasone - Asmanex [®]	200mcg