

Drugs You Were Given	Uses	How to take this medication	Common Side Effects	Precautions
<input type="checkbox"/> Beta(β) agonist SHORT-acting <ul style="list-style-type: none"> ○ Salbutamol LONG-acting <ul style="list-style-type: none"> ○ Formoterol ○ Salmeterol 	<p>Widens the airway, hence also known as bronchodilators.</p> <p>Used in asthma and obstructive airway diseases, to relieve breathlessness</p> <p>Salbutamol is also used to relieve shortness of breath caused by exercise</p>	<p>Short acting β agonist used for relief of breathlessness during acute asthma attacks, also known as 'relievers'</p> <p>Long acting β agonist for regular use, NOT for relief of acute attacks except Formoterol (fast onset)</p>	<p>Dry or irritated mouth/throat</p> <p>Trembling of hands and nervousness, headache, rapid heartbeat</p> <p>These side effects should subside as your body adjusts to the medication</p>	<p>Consult your doctor if the medicine does not relieve your breathlessness or if you are using your 'reliever' more often than usual</p> <p>Carry your 'reliever' with you at all times and ensure your supply is adequate</p> <p>Allow a lapse of one minute between inhalations of the same medication, and five minutes if using different medications</p>
<input type="checkbox"/> Antimuscarinic <ul style="list-style-type: none"> ○ Ipratropium ○ Tiotropium 		<p>Use regularly or as required for symptom relief as directed by your doctor</p>	<p>Dry mouth/throat, runny nose, headache, rapid heartbeat</p>	
<input type="checkbox"/> Steroids <ul style="list-style-type: none"> ○ Beclometasone ○ Budesonide ○ Fluticasone 	<p>Reduces airway hypersensitivity and hence prevents asthmatic attacks</p>	<p>This medication must be used regularly to prevent asthma attacks. It does not work immediately and should not be used to relieve an attack</p> <p>If you are using a bronchodilator, use it 5 minutes prior to your inhaled steroid</p>	<p>Dry/irritated mouth, sore throat, unpleasant taste, hoarseness of voice, throat irritation</p> <p>To prevent oral yeast infections, gargle and rinse your mouth with water after EACH use. Do not swallow the rinse water</p>	<p>Do not stop this medicine without your doctor's advice</p>
<input type="checkbox"/> Theophylline	<p>Widens the airway</p> <p>Used for relieving symptoms and treatment of asthma and obstructive airway diseases</p>	<p>Take after food</p> <p>Swallow whole. Do not crush or chew the tablets</p>	<p>Fast heartbeat, nausea, vomiting, stomach upset, restlessness, headache, difficulty sleeping</p>	<p>Seek medical attention if persistent vomiting, irregular or rapid heartbeat, confusion, severe chest/stomach pain occurs</p> <p>Limit caffeine intake as it can increase side effects of this medication</p> <p>Smoking affects this medication. Be sure to tell your doctor if you smoke and if you stop smoking as your dose may need to be adjusted</p>