

## **DuoResp Spiromax Maintenance and Reliever Therapy (MART) – Asthma**

- DuoResp Spiromax 160/4.5mcg (budesonide and formoterol fumarate) is now licensed in the UK for use as maintenance and reliever therapy (MART) in asthma patients over 18 years old.
- Formoterol has a faster onset of action than other LABA's and therefore can be used to relieve bronchoconstriction on an "as needed basis" (in addition to regular maintenance doses).
- The recommended dose is **one inhalation in the morning and evening, with an additional one inhalation as needed in response to symptoms**. If symptoms persist after a few minutes, a further inhalation can be taken. The total daily dose should not exceed 8 inhalations, although up to 12 inhalations per day could be used for a limited period.
- Patients requiring frequent use of rescue inhalations daily should be strongly recommended to seek medical advice. Their asthma should be reassessed and maintenance therapy reviewed.
- Use of a single inhaler as both maintenance and reliever therapy has potential benefits for patients who show poor compliance with traditional asthma treatment regimens involving two or more different inhalers.

### **Note:**

- Local guidance on [Managing chronic asthma](#) is available in the Tayside Area Formulary (TAF).
- Prescribe combination inhalers by brand name to avoid potential confusion.

**Locally, DuoResp MART is restricted to patients with moderate-to-severe asthma at SIGN/BTS step 3 or patients who are poorly controlled at SIGN/BTS step 2 and may benefit from an alternative option to traditional fixed-dose ICS/LABA plus as needed SABA.**

Written by: Arlene Shaw  
Approved by: Tom Fardon  
Review Date: Dec 2017