

Fostair® (beclometasone dipropionate / formoterol fumarate dehydrate) is now licensed in the UK for use as maintenance and reliever therapy (MART) in asthma patients over 18 years old.

Whilst both salmeterol and formoterol are long-acting beta<sub>2</sub>-agonists (LABAs), formoterol has a faster onset of action than salmeterol and can be used to relieve bronchoconstriction. (The fluticasone/salmeterol combination inhaler, Seretide®, is unsuitable for use as reliever therapy).

Concerns that the use of LABAs may be associated with increased risk of asthma related deaths in certain susceptible individuals has prompted the MHRA to conduct an ongoing assessment of the risks and benefits associated with LABAs. [Click here](#) for CHM advice.

The Fostair® MART maintenance dose is 1 inhalation twice daily (one inhalation in the morning and one inhalation in the evening). An additional 1 inhalation can be administered as needed in response to symptoms. If symptoms persist after a few minutes, an additional inhalation should be taken. The maximum daily dose is 8 inhalations.

Patients requiring frequent use of rescue inhalations daily, should be strongly recommended to seek medical advice. Their asthma should be reassessed and their maintenance therapy should be reconsidered.

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:

- Like Qvar®, the beclometasone within Fostair® has an extra-fine particle size distribution resulting in a more potent effect than formulations of beclometasone with a non extra-fine particle distribution i.e. 100microgram beclometasone in Fostair® is equivalent to 100microgram beclometasone in Qvar® or 250microgram beclometasone in Clenil Modulite®.
- Fostair can be used with AeroChamber Plus® spacer device.
- Use of a pressurised metered-dose-inhaler (pMDI) plus spacer is preferred in patients on high doses of inhaled corticosteroids to minimize oropharyngeal deposition and reduce the risk of systemic and local adverse effects.
- Local guidance on [Managing chronic asthma](#) is available in the Tayside Area Formulary (TAF).
- Prescribe combination inhalers by brand name to avoid potential confusion.