

Inhaled Corticosteroid dosages for people aged 12 years and over

Resource for healthcare professionals

The following tables reproduce the [NICE inhaled corticosteroid doses tables for the asthma guideline \(Nov 25\)](#) with the addition of carbon cost highlighted and colour coded as an additional tool to aid clinician's to have conversations to enable patient choice.

MART and AIR regimes are forming a larger part of management for those over 12. There are significant differences in the carbon footprint of some of the MART MDI inhalers due to the differences in propellant gases. Some of these have been included below to illustrate options.

For more detailed inhaler carbon footprints by brand, we recommend the [Presquipp pdf](#) and [excel documents](#) and the [Yew Makers Medicine Carbon Footprint Formulary](#). We would also recommend adding this link to any local guidelines to help inform clinical choices.

	< 35 g CO ₂ e per puff
	≥ 35 < 100 gCO ₂ e per puff
	≥ 100 < 200 gCO ₂ e per puff
	≥ 200 gCO ₂ e per puff

*Where a range of carbon footprints spreads across a category the best available is indicated. In cases where the difference is greater than 30gCO₂e brand names of the lowest carbon option are indicated.

ICS dosages for people aged 12 years and over			
	Low dose	Moderate dose	High dose
Beclometasone dipropionate			
Standard particle metered dose inhalers (MDI)	200 to 500 mg per day in 2 divided doses	600 to 800 mg per day in 2 divided doses	1000 to 2000 mg per day in 2 divided doses
Dry powder inhalers (DPI)	200 to 500 mg per day in 2 divided doses	600 to 800 mg per day in 2 divided doses	1000 to 2000 mg per day in 2 divided doses
Extra-fine particle MDI (Qvar)*	100 to 200 mg per day in 2 divided doses	300 to 400 mg per day in 2 divided doses	500 to 800 mg per day in 2 divided doses
Budesonide			
MDI + formoterol 2.25mg (Symbicort)	200 to 400 mg per day as a single dose or in 2 divided doses	600 to 800 mg per day as a single dose or in 2 divided doses	1,000 to 1,600 mg per day as a single dose or in 2 divided doses
DPI	200 to 400 mg per day as a single dose or in 2 divided doses	600 to 800 mg per day as a single dose or in 2 divided doses	1,000 to 1,600 mg per day as a single dose or in 2 divided doses
Ciclesonide			
MDI	80 to 160 mg per day as a single dose	240 to 320 mg per day as a single dose or in 2 divided doses	400 to 640 mg per day in 2 divided doses

* Higher potency delivery means fewer puffs required for each dose - thus although the CO2e for Qvar is 101 compared to Clenil at 82 it would be better to use one puff of Qvar than two puffs of Clenil, and the clinical efficacy would be the same.

ICS dosages for people aged 12 years and over			
	Low dose	Moderate dose	High dose
Fluticasone propionate			
DPI	100 to 250 mg per day in 2 divided doses	300 to 500 mg per day in 2 divided doses	600 to 1,000 mg per day in 2 divided doses
MDI	100 to 250 mg per day in 2 divided doses	300 to 500 mg per day in 2 divided doses	600 to 1,000 mg per day in 2 divided doses
MDI + Salmeterol 25 mg Sereflow and Combisal 30gCO2e more than other current options	100 to 250 mg per day in 2 divided doses	300 to 500 mg per day in 2 divided doses	600 to 1,000 mg per day in 2 divided doses
MDI + Formoterol 5 mg (Flutiform)	100 to 250 mg per day in 2 divided doses	300 to 500 mg per day in 2 divided doses	600 to 1,000 mg per day in 2 divided doses
Fluticasone furoate			
DPI (only available as a combined product with vilanterol)	Not available	100 mg per day as a single dose	200 mg per day as a single dose
Mometasone furoate			
DPI	200 mg per day as a single dose.	400 mg per day as a single dose or in 2 divided doses	600 to 800 mg per day in 2 divided doses