



TABLE 3: Inhaled daily dose of corticosteroids (ICS) for asthma therapy in children *†

Medication (trade name) Inhaler device - Formulation	Low corticosteroids dose for age	Medium corticosteroids dose for age
Beclomethasone (QVAR) φ MDI/spacer - 50 mcg or 100 mcg/puff	1 to 5 years: 50 mcg twice daily 6 to 11 years: 50 to 100 mcg twice daily ≥12 years: 100 mcg twice daily	1 to 5 years: 100 mcg twice daily 6 to 11 years: 200 mcg twice daily ≥12 years: 200 mcg twice daily
Budesonide (Pulmicort) φ Dry powder inhaler ‡ -100 or 200 mcg/puff	≥6 years: 100 to 200 mcg twice daily	≥6 years: 400 mcg twice daily
Budesonide/LABA for ≥12 years: Budesonide/Formoterol (Symbicort) Dry powder Inhaler ‡ -100/6, 200/6 mcg/puff or 400/12	≥12 years: 100 to 200 mcg twice daily	≥12 years: 400 mcg twice daily
Ciclesonide (Alvesco) φ§ MDI/spacer - 100 or 200 mcg/puff	1 to 5 years: 100 mcg once daily ≥6 years: 100 to 200 mcg once daily	1 to 5 years: 200 mcg once daily ≥6 years: 400 mcg once daily
Fluticasone propionate (Flovent) φ MDI/spacer - 50, 125, 250 mcg/puff or Dry powder inhaler‡ - 100 or 250 mcg/puff	1 to 5 years: 50 mcg twice daily or 125 mcg once daily † 6 to 11 years: 50 to 100 mcg twice daily or 125 mcg once daily † ≥12 years: 125 mcg once or twice daily	1 to 5 years: 100 to 125 mcg twice daily 6 to 11 years: 200 mcg twice daily ≥12 years: 250 mcg twice daily
Fluticasone propionate/LABA for ≥4 years: Fluticasone propionate/salmeterol (Advair) MDI/spacer - 125/25, 250/25 mcg/puff or Dry powder inhaler ‡ - 100/50 or 250/50 mcg/puff †	≥12 years: 100 to 25 mcg twice daily	4 to 11 years: 100 to 125 mcg twice daily ≥12 years: 250 mcg twice daily
Fluticasone Furoate (Arnuity Ellipta) § Dry power inhaler 100 or 200 mcg/puff	≥12 years: 100 mcg once daily	
Fluticasone furoate/LABA for ≥12 years: Fluticasone furoate/vilanterol (Breo Ellipta)§ 100/25 or 200/25 mcg/inh	≥12 years: 100 mcg once daily	
Mometasone (Asmanex) φ Twisthaler- 100 or 200 mcg/inh	6 to 11 years: 100 mcg once daily ≥12 years: 100 mcg twice daily	6 to 11 years: 100 mcg twice daily ≥12 years: 200 mcg twice daily
Mometasone/LABA for ≥12 years: Mometasone/formoterol (Zenhale) MDI- 50/5, 100/5 or 200/5 mcg/puff	≥12 years: 100 mcg twice daily	≥12 years: 200 mcg twice daily

* Adapted from <https://www.cps.ca/en/documents/position/asthma-in-preschoolers> and <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4527232/> and <https://www.tandfonline.com/doi/full/10.1080/24745332.2017.1395250>

† High-dose inhaled corticosteroids should be administered in consultation with an asthma expert, if asthma not controlled under a medium dose of ICS.

φ ICS are currently approved by Health Canada for the following ages: QVAR ≥5 yo, Pulmicort (dry powder) ≥6 yo, Alvesco ≥6 yo, Flovent ≥1 yo, Asmanex ≥4 yo.

‡ The youngest children able to use a dry powder inhaler are generally 6 yo.

§ While some dry powder inhalers may be approved by Health Canada for <6 y.o., use of a metered dose inhaler with an age-appropriate valved-spacer is preferred in this age group.

¶ Ciclesonide and Fluticasone Furoate are approved for use once daily.

‡ The maximum dose of salmeterol (LABA) is of 50 mcg/dose. Then, if dry powder is used (fluticasone propionate/salmeterol 100/50 or 250/50 mcg/inh), 1 puff only /dose can be used.

† Fluticasone Propionate is not licensed for once-daily dosing in Canada but 125 µg once daily is sometimes used to improve adherence over twice-daily use of 50 µg

MDI: Metered-dose inhaler

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