

Inhaled Steroids Approximate Dose Conversions for Adults

Inhaled Steroid	Low dose	Medium Dose	High dose
Qvar 40, Qvar 80 (Beclomethasone HFA) 40 mcg or 80 mcg/puff	80-240 mcg Qvar 40 1-2 puff BID or Qvar 80 1 puff BID	240-480 mcg Qvar 80 2 puffs BID	>480 mcg
Vanceril , Vanceril DS (Beclomethasone) 42 or 84 mcg per puff	168-504 mcg Vanceril DS 1-2 puffs BID to TID	504-840 mcg	>840 mcg
Pulmicort (Budesonide) 200 mcg/inhalation	200-400 mcg Pulmicort 1 inhalation once daily	400-600 mcg Pulmicort 1 inhalation BID	>600 mcg Pulmicort 2 inhalations BID
Aerobid (Flunisolide) 250 mcg/puff	500 -1000 mcg Aerobid 1 to 2 puffs BID	1000 -2000 mcg	>2000 mcg Aerobid 4-5 puffs BID
Flovent HFA (Fluticasone) 44, 110 or 220 mcg	88-264 mcg Flovent 44 mcg 1- 2 puff BID or Flovent 110 one puff BID	264-660 mcg Flovent 110 mcg 2 puff BID to 3 puffs BID	>660 mcg Flovent 220 mcg 2 puff BID
Advair (Fluticasone/ Salmeterol) 100/50, 250/50 or 500/50 mcg/inhalation	100-300 mcg Advair 100/50 one inhalation daily to BID	300-600 mcg Flovent 250/50 one inhalation BID	>600 mcg Flovent 500/50 mcg one inhalation BID
Asmanex (Mometasone Furoate) 220 mcg/inhalation	220 - 440 mcg Asmanex 1-2 inhalations daily in evening	440-660 mcg Asmanex 2-3 inhalations daily	>660 mcg Asmanex 2 inhalations twice daily
Azmacort (Triamcinolone) 100 mcg/puff	400-1000 mcg Azmacort 2 puff BID to QID	1000-2000 mcg	>2000 mcg