

ALLERGY CONSULTANTS

Adult and Pediatric Allergy

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Leukotriene Receptor Antagonists

You are starting a new pill called Singulair. The key feature of this pill is:

1. It is strictly a preventative medication. It helps prevent airway inflammation (swelling and excess mucus production) which can make the bronchial tubes overly sensitive to colds, allergens, or irritants.
2. It DOES NOT quickly open up the airways like a bronchodilator (example: Albuterol).
3. This tablet should be used every day as prescribed by your doctor.
4. Although improvement may occur within several days, it may take several weeks for maximal improvement. Do not discontinue this medication without checking with your doctor first.
5. This medication is not a steroid and has very few side effects. It is the first new anti-inflammation treatment for asthma to be introduced in 20 years.
6. This new medication can be useful in helping your other medications (example: Inhaled steroids) be more effective, prevent the need for frequent rescue medication, and help prevent exercised-induced asthma.
7. Because this medication is a pill, it is easier to take on a regular basis than inhaled medication.