

## TABLES OF INHALERS BY CARBON FOOTPRINT CATEGORY

adapted from greenerpractice.co.uk)  
Inhalers in grey – restricted indication in Surrey

### Inhaled Corticosteroid (ICS) Inhalers by Adult Dose and Carbon Footprint

	ICS	Low Dose	Medium Dose	High Dose #
<b>Low Carbon Footprint</b> (<2kg CO <sub>2</sub> e per inhaler)  Use where clinically appropriate	<b>Beclometasone</b>			
	Beclometasone Easyhaler	200 mcg one dose twice a day	200mcg two doses twice a day	n/a
	<b>Budesonide</b>			
	Budesonide Easyhaler	200 mcg one dose twice a day*	400mcg one dose twice a day*	400mcg two doses twice a day*
	Pulmicort Turbohaler	200 mcg one dose twice a day*	400mcg one dose twice a day*	400mcg two doses twice a day
	Budelin Novolizer	200 mcg one dose twice a day	400mcg one dose twice a day	400mcg two doses twice a day
	<b>Fluticasone proprionate</b>			
	Flixotide Accuhaler	100 mcg one dose twice a day	250 mcg one dose twice a day	500 mcg one dose twice a day
<b>High Carbon Footprint</b> (-20kgCO <sub>2</sub> e per inhaler)  Use if low carbon footprint alternative not appropriate	<b>Beclometasone</b>			
	Clenil Modulite pMDI	200 mcg one dose twice a day*	200mcg two doses twice a day	250 mcg two to four doses twice a day
	Qvar pMDI $\phi$ (extrafine)	100 mcg one dose twice a day*	100 mcg two doses twice a day	100 mcg four doses twice a day
	Qvar Easi-Breathe $\phi$ (extrafine)	100 mcg one dose twice a day*	100 mcg two doses twice a day	100 mcg four doses twice a day
	Qvar Autohaler $\phi$ (extrafine)	100 mcg one dose twice a day*	100 mcg two doses twice a day	100 mcg four doses twice a day
	<b>Fluticasone proprionate</b>			
	Flixotide Evohaler pMDI $\phi$	50 mcg two doses twice a day	250 mcg one dose twice a day*	250 mcg two doses twice a day

#### NOTES

# Only use after referring the patient to specialist care.

\* Alternative regimes exist consisting of more doses of lower strength per day.

$\phi$  inhaler without a dose counter

All doses listed are licensed for adult asthma.

For COPD and paediatric asthma please check licensing and dosing in the British National Formulary.

## ICS/LABA Combination Inhalers by Adult Dose and Carbon Footprint

	ICS/LABA	Low Dose	Medium Dose	High Dose #
<b>Low Carbon Footprint</b> (<2kg CO <sub>2</sub> e per inhaler)  Use where clinically appropriate	<b>Beclometasone dipropionate (extrafine) with formoterol</b>			
	Fostair NEXThaler	100/6 one dose twice a day	100/6 two doses twice a day	220/6 two doses twice a day
	<b>Budesonide with formoterol</b>			
	Fobumix Easyhaler	160/4.5 one dose twice a day	320/9 one dose twice a day*	320/9 two doses twice a day
	Symbicort Turbohaler	200/6 one dose twice a day*	400/12 one dose twice a day*	400/12 two doses twice a day*
	Duosp Spiromax	160/4.5 one dose twice a day	320/9 one dose twice a day*	320/9 two doses twice a day
	<b>Fluticasone propionate with salmeterol</b>			
	Seretide Accuhaler	100/50 one dose twice a day	250/50 one dose twice a day	500/50 one dose twice a day
	<b>Fluticasone furoate with vilanterol</b>			
Relvar Ellipta	n/a	92/22 one dose once a day	184/22 one dose once a day	
<b>High Carbon Footprint</b> (10-20kgCO <sub>2</sub> e per inhaler)  Use if low carbon footprint alternative not appropriate	<b>Beclometasone dipropionate (extrafine) with formoterol</b>			
	Fostair pMDI	100/6 one dose twice a day	100/6 two doses twice a day	220/6 two doses twice a day
	<b>Fluticasone propionate with salmeterol</b>			
	Combisal pMDI †	50/25 two doses twice a day	125/50 two doses twice a day	250/25 two doses twice a day
	Seretide Evohaler	50/25 two doses twice a day	125/50 two doses twice a day	250/25 two doses twice a day
<b>Highest Carbon Footprint</b> (>34kgCO <sub>2</sub> e per inhaler)  Avoid unless no appropriate alternative or switching is inappropriate	<b>Fluticasone propionate with formoterol</b>			
	Flutiform pMDI	50/5 two doses twice a day	125/5 two doses twice a day	250/10 two doses twice a day
	<b>Budesonide with formoterol</b>			
	Symbicort pMDI	100/3 two doses twice a day	200/6 two doses twice a day	n/a

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† inhaler without a dose counter

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## ICS/LABA/LAMA Combination Inhalers by Adult Dose and Carbon Footprint

	ICS/LABA/LAMA	Low Dose	Medium Dose	High Dose #
Low Carbon Footprint (<2kg CO <sub>2</sub> e per inhaler)	<b>Beclometasone dipropionate (extrafine) with formoterol and glycopyrronium</b>			
	Trimbow NEXThaler (COPD only)	n/a	88/6/9 two doses twice a day	n/a
	<b>Fluticasone furoate with vilanterol and umeclidinium</b>			
	Trelegy Ellipta (COPD only)	n/a	92/22/55 one dose once a day	n/a
High Carbon Footprint (10-20kgCO <sub>2</sub> e per inhaler)	<b>Beclometasone dipropionate (extrafine) with formoterol and glycopyrronium</b>			
	Trimbow pMDI (COPD only)	n/a	87/6/9 two doses twice a day	n/a
	Use if low carbon footprint alternative not appropriate			

## Other Inhalers by Carbon Footprint

	Short Acting Beta Agonists (SABA)	Long Acting Beta Agonists (LABA)	Devices containing Long Acting Muscarinic Antagonists
Low Carbon Footprint (<2kg CO <sub>2</sub> e per inhaler) Use where clinically appropriate	<b>Salbutamol:</b> Salbutamol Easyhaler Ventolin Accuhaler Salbulin Novolizer  <b>Terbutaline:</b> Bricanyl Turbohaler	<b>Formoterol:</b> Formoterol Easyhaler Oxis Turbohaler  <b>Indacaterol:</b> Onbrez Breezhaler  <b>Olodaterol:</b> Stiverdi Respiamat  <b>Salmeterol:</b> Serevent Accuhaler	<b>Tiotropium:</b> Spiriva Respiamat Δ (Δ also licensed for asthma) Spiolto Respiamat (with olodaterol) Spiriva Handihaler Braltus  <b>Glycopyrronium:</b> Seebri Breezhaler Ultibro Breezhaler (with indacaterol)  <b>Umeclidinium:</b> Incruse Ellipta Anoro Ellipta (with vilanterol)  <b>Aclidinium:</b> Eklira Genuair Duaklir Genuair (with formoterol)
Medium Carbon Footprint (2 – 12 kgCO <sub>2</sub> e per inhaler)	<b>Salbutamol:</b> Salamol (pMDI) ☐ Salamol Easi-Breathe (BAI) ☐ Airomir Autohaler (BAI) ☐		
High Carbon Footprint (> 12-20kgCO <sub>2</sub> e per inhaler)		<b>Formoterol:</b> Atimos Modulite (pMDI) ☐ <b>Salmeterol:</b> Serevent Evohaler (pMDI) ☐	Trimbow (pMDI)
Higher Carbon Footprint (28KgCO <sub>2</sub> e)	<b>Salbutamol:</b> Ventolin Evohaler (pMDI) ☐		