

Pharmacological management of asthma in adults: BTS, NICE (NG245) and SIGN guideline plus Gloucestershire formulary first choice inhaler recommendations v1.0 (Agreed April 2025: due for review Dec 2025)

Take into account and try to address the possible reasons for uncontrolled asthma before starting or adjusting medicines for asthma. For example: alternative diagnoses or comorbidities; suboptimal adherence; suboptimal inhaler technique; active or passive smoking (including e-cigarettes); psychosocial factors; seasonal factors: environmental factors (such as air pollution and indoor mould exposure)

