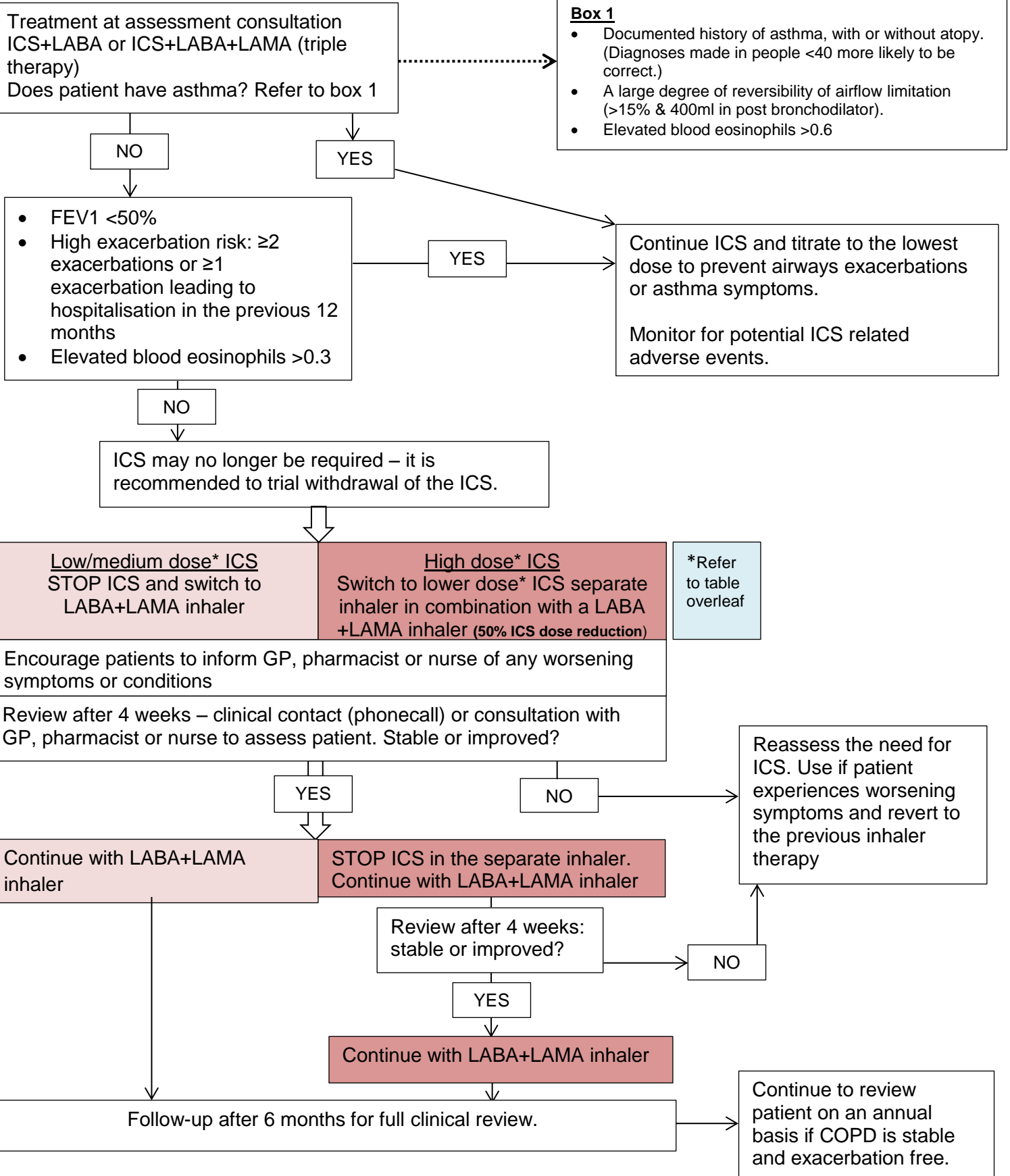


Guidance on the withdrawal of inhaled corticosteroid (ICS) therapy in COPD











This guidance aims to support how to identify patients with chronic COPD where treatment with ICS is no longer appropriate and recommendations to withdraw the ICS.

For all patients













- Check inhaler technique
- Check adherence
- Provide smoking cessation guidance
- Immunisation
- Consider pulmonary rehabilitation
- Review/update self-management plans



ICS dose switch guidance – low dose ICS

Current treatment (LABA+ICS inhaler)		Switch to	
<p>Seretide Accuhaler® 250</p>  <p>Fluticasone/salmeterol 250/50 mcg 1 puff twice a day</p>		<p>LABA+LAMA - Anoro® Ellipta</p>  <p>Umeclidinium 55micrograms + vilanterol 22 micrograms 1 inhalation ONCE a day</p>	
<p>MDI</p> <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px;">  <p>Fostair® (beclometasone/ formoterol 100/6 mcg) 2 puffs twice a day</p> </div> <div style="border: 1px solid black; padding: 5px;">  <p>Flutiform® 125 (fluticasone 125micrograms + formoterol 5micrograms) 2 puffs twice a day</p> </div> </div>		<p>LABA+LAMA – Spiolto® Respimat</p>  <p>Tiotropium 2.5microgram + olodaterol 2.5microgram 2 puffs ONCE a day</p>	
<p>Relvar® Ellipta</p>  <p>Fluticasone/vilanterol 92/33mcg 1 puff ONCE a day</p>		<p>LABA+LAMA – Anoro® Ellipta</p>  <p>Umeclidinium 55micrograms + vilanterol 22 micrograms 1 inhalation ONCE a day</p>	
<p>Symbicort® Turbohaler</p> <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px;">  <p>Budesonide/ formoterol 400/12 mcg 1 puff twice a day</p> </div> <div style="border: 1px solid black; padding: 5px;">  <p>Budesonide/ formoterol 200/6 mcg 2 puffs twice a day</p> </div> </div>		<p>LABA+LAMA - Anoro® Ellipta</p>  <p>Umeclidinium 55micrograms + vilanterol 22 micrograms 1 inhalation ONCE a day</p>	

ICS dose switch guidance – High dose ICS

Current treatment (LABA+ICS inhaler)	Switch to
<p>Symbicort® Turbohaler</p>  <div style="border: 1px solid black; padding: 5px; margin-left: 100px;"> <p>Budesonide/formoterol 400/12mcg 2 puffs twice a day</p> </div>	<p>LABA+LAMA - Anoro® Ellipta</p>  <div style="border: 1px solid black; padding: 5px; margin-left: 100px;"> <p>Umeclidinium 55micrograms + vilanterol 22 micrograms 1 inhalation ONCE a day</p> </div> <p>PLUS lower dose ICS – Pulmicort® 200 turbohaler (off label use)</p>  <div style="border: 1px solid black; padding: 5px; margin-left: 100px;"> <p>Budesonide 200mcg 2 puffs twice a day</p> </div>
<p>Seretide Accuhaler® 500</p>  <div style="border: 1px solid black; padding: 5px; margin-left: 100px;"> <p>Fluticasone/salmeterol 500/50mcg 1 puff twice a day</p> </div>	<p>LABA+LAMA - Anoro® Ellipta</p>  <div style="border: 1px solid black; padding: 5px; margin-left: 100px;"> <p>Umeclidinium 55micrograms + vilanterol 22 micrograms 1 inhalation ONCE a day</p> </div> <p>PLUS lower dose ICS – Flixotide® accuhaler 250 (off label use)</p>  <div style="border: 1px solid black; padding: 5px; margin-left: 100px;"> <p>Fluticasone 250micrograms 1 puff twice a day</p> </div>
<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px; width: 45%;">  <p>Seretide® evohaler 250 Fluticasone/salmeterol 250/25mcg 2 puffs twice a day</p> </div> <div style="border: 1px solid black; padding: 5px; width: 45%;">  <p>Combisal® 250 Fluticasone/salmeterol 250/25mcg 2 puffs twice a day</p> </div> </div>	<p>LABA+LAMA - Spiolto® Respimat</p>  <div style="border: 1px solid black; padding: 5px; margin-left: 100px;"> <p>Tiotropium 2.5microgram + olodaterol 2.5microgram 2 puffs ONCE a day</p> </div> <p>PLUS lower dose ICS – Flixotide® evohaler 125 (off label use)</p>  <div style="border: 1px solid black; padding: 5px; margin-left: 100px;"> <p>Fluticasone 125micrograms 2 puffs twice a day</p> </div>
<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px; width: 45%;">  <p>Sirdupla® 250 Fluticasone/salmeterol 250/25mcg 2 puffs twice a day</p> </div> <div style="border: 1px solid black; padding: 5px; width: 45%;">  <p>Flutiform® 250 Fluticasone/salmeterol 250/25mcg 2 puffs twice a day</p> </div> </div>	

Abbreviations

COPD - chronic obstructive pulmonary disease
 ICS - inhaled corticosteroid
 LAMA - long -acting muscarinic antagonist
 LABA - long-acting beta-adrenoceptor agonist
 MDI - metered dose inhaler

Title	Guidance on the withdrawal of inhaled corticosteroid (ICS) therapy in COPD
Document reference	COPD ICSwithdrawalGUI201908V1.0FINAL
Author	Medicines Optimisation Team, Mid Essex CCG
Consulted with	Dr Abigail Moore, Lead COPD Consultant, MEHT Ruth Barlow, Team leader for the COPD and oxygen team, Provide
Reference:	Edited from the Primary Care Respiratory Society UK Evaluation of appropriateness of inhaled corticosteroid (ICS) therapy in COPD and guidance on withdrawal. https://www.pcrs-uk.org/sites/pcrs-uk.org/files/SteppingDownICS_FINAL5.pdf
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