

## ORAL MEDICATIONS FOR COPD

Drug <i>Trade names</i>	Supplied	Suggested Dosing	Covered by ODB? Approximate Cost
<b>Systemic Corticosteroids</b>			
<b>Prednisone</b> <i>Winpred, Deltasone, Various generics</i>	1mg tab 5 mg tab 50 mg tab	30-40 mg OD for 5-14 days	YES (Winpred, generics) NO (Deltasone)  \$0.02-\$0.20 per tab
<b>Potential Adverse Effects:</b> GI upset, fluid/electrolyte imbalance, pituitary-adrenal suppression, hypertension, cutaneous effects (dermal thinning, easy bruising, acne), hyperglycemia, glycosuria, peptic ulcer, behavioural disturbances (insomnia, euphoria), posterior subcapsular cataracts, glaucoma, myopathy, decreased bone mineral density, cushingoid, avascular necrosis of bone including hip (rare).			
<b>Methylxanthines</b>			
<b>Theophylline</b> <i>Theo ER, Uniphyll, Theolair Alcohol Free Oral Liquid</i>	400 mg sustained release tab 600 mg sustained release tab 5.3 mg/ml oral liquid	Initial: 400–600 mg OD with food, usually with the evening meal. Monitor and adjust based on serum levels.	YES—brand covered with valid No Substitutions (Theo ER 400 mg)  \$0.17-\$0.52 per tab  \$15-\$18 for 500 ml oral liquid
<b>Potential Adverse Effects:</b> Nausea, vomiting, abdominal cramps, headache, nervousness, tremor, insomnia, tachycardia.			
<b>Mucolytics</b>			
<b>N-acetylcysteine</b> <i>Various generics</i>	100mg/ml solution 200 mg/ml solution	600 mg BID solution administered PO mixed with cola or other beverage to reduce nausea and vomiting	NO  \$342-\$395 for 10 x 30 ml
<b>Potential Adverse Effects:</b> Nausea, vomiting, stomatitis, rhinorrhea.			
<b>Phosphodiesterase 4 (PDE4) Inhibitors</b>			
<b>Roflumilast</b> <i>Daxas</i>	500 mcg tabs	500 mcg OD	NO  \$2-\$3 per tab
<b>Potential Adverse Effects:</b> Diarrhea, nausea, vomiting, decreased appetite, weight decrease, abdominal pain, headache, insomnia, anxiety, depression. Avoid the use of this medication in patients with a history of depression with suicidal ideation.			

**REFERENCES:**Prescribe Smart: the Modern Drug Formulary. 2019. Accessed from: <https://www.prescribessmart.com/>. Accessed on 25-Mar-2022.

Mclvor RA. "Drug Tables: Chronic Obstructive Pulmonary Disease". *Compendium of Pharmaceuticals and Specialites (CPS) Online Version*, Canadian Pharmacists Association (CPhA). 2021. Accessed from: <https://www-e-therapeutics-ca.libaccess.lib.mcmaster.ca/search#>. Accessed on: 25-Mar-2022.