Asthma Controller Medicine: Leukotriene Modifiers

The name of your controller medicine is ____________________________.

What are leukotriene modifiers?

They are oral medicines used to control asthma symptoms. They work to reduce some symptoms of allergies. They may also reduce airway swelling. They need to be taken each day. Singulair® is taken in the evening. They are not rescue medicines. They do not work quickly to control asthma. They may also help control symptoms especially in people who have exercise induced asthma and/or allergic rhinitis.

What do they do?

They work to reduce airway swelling. They help to control asthma symptoms induced by exercise. They also help reduce some allergy symptoms.

What types are there?

Singulair® (montelukast)
Accolate® (zafirlukast)

Are there side effects I should know about?

Although rare, side effects may include any of the symptoms listed below.

Headache
Cough
Infection
Stomach ache, nausea, vomiting, diarrhea
Sleeping problems (nightmares)

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright ©3/2017. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6662.