BTS Treatment Steps – adults (13+ years)

**Step 1**
Inhaled short acting bronchodilators as required

**Step 2**
Add inhaled steroids 200-800mcg per day

**Step 3**
1. Add inhaled long acting bronchodilator (LABA)
2. No response - stop LABA & increase inhaled steroids to 800mcg per day
   Consider Leukotrienes (LRTAs) or SR Theophyllines

**Step 4**
Consider trials of increased inhaled steroids up to 2000mcg per day.
Addition of 4th drug – LTRA/SR Theophylline/Oral Beta

**Step 5**
Use daily steroids.
Maintain high doses of steroids 2000mcgs per day