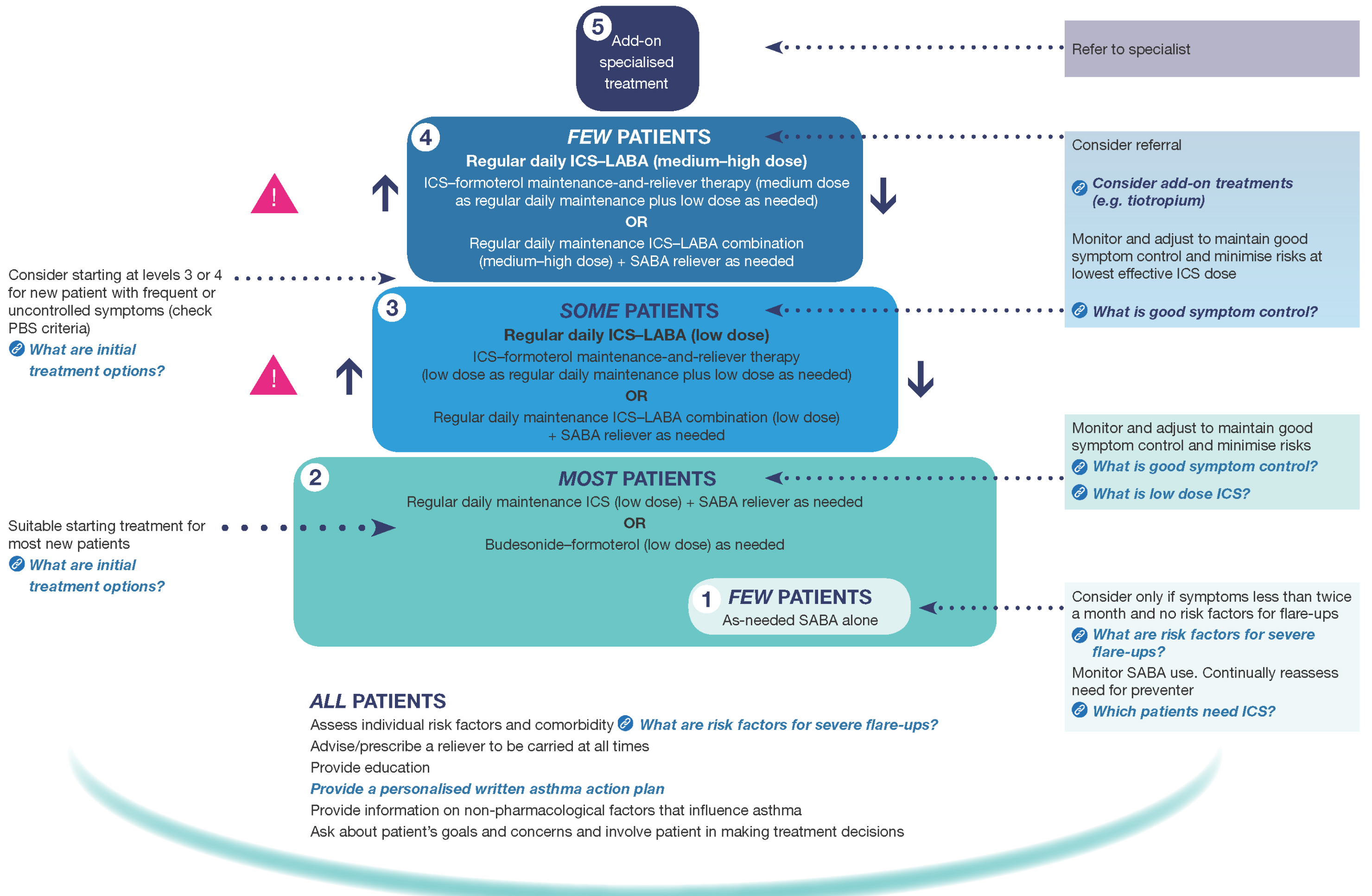


FIGURE Selecting and adjusting medication for adults and adolescents



ICS inhaled corticosteroid
 LABA long-acting beta₂ agonist
 SABA short-acting beta₂ agonist

! Before you consider stepping up, check that:

- symptoms are due to asthma
- inhaler technique is correct
- adherence is adequate.

↑ Consider stepping up if good control is not achieved despite good adherence and correct inhaler technique.

↓ When asthma is stable and well controlled for 2–3 months, consider stepping down

[Stepping down treatment in adults](#)