



Pediatric Clinic
ASTHMA EDUCATION HANDOUTS

Asthma Medication Review

Cromolyn

Action

Cromolyn is an anti-inflammatory medication that prevents airways from swelling when they come in contact with an asthma trigger.

Medications

- Cromolyn sodium
- Intal

How They Are Prescribed:

Cromolyn comes in three forms for inhalation:

- A metered-dose inhaler
- Solution for use in a nebulizer

Cromolyn can be used in two ways:

- To prevent symptoms of persistent asthma, it should be taken every day.
- To prevent symptoms of asthma that occur with exercise or contact with an asthma trigger (such as an animal), it can be taken 5 to 60 minutes before contact. The effects of the medicine last for 3 or 4 hours.

Side Effects:

Cromolyn is safe to use in the treatment of asthma. The most frequent side effect of cromolyn administered by metered-dose inhaler is irritation of the throat, bad taste in the mouth, cough, wheezing, and nausea. Use of dry powder may cause cough and throat irritation.

Notes:

Cromolyn cannot be used to stop an asthma episode once it has started.

Cromolyn can only be used to keep an episode from starting.

Cromolyn does not work for every patient. It may take up to 6 weeks for the medicine to take effect.

If you are taking an inhaled beta₂-agonist and cromolyn together, take the beta₂-agonist first.

If you forget to take your cromolyn on time, take it as soon as you remember. Talk to your physician about how to get back to your normal schedule.