



Information for You from Your Health Care Team

INTAL

Generic Name: **CROMOLYN** (CRO-moh-lin)

- My doctor also calls Intal a non-steroid, anti-inflammatory
- Intal is a **Controller Medicine**



What does Intal do?

- It makes the airways less sensitive to irritants that may trigger asthma
- Helps prevent asthma attacks and control coughing, wheezing, and shortness of breath



When do I use Intal?

- Everyday as directed by your health care provider
- Sometimes it is used 15 to 30 minutes before exercise or sports
- Intal is NOT a rescue-relief medicine

How do I use Intal?

- With a metered dose inhaler (puffer) and holding chamber (spacer)
- OR with a nebulizer
- Your health care provider will tell you how much Intal to take
- **Parents:** Check the dose of Intal on your child's *Asthma Action Plan*

How should Intal be stored?

- Store in a cool, dry place away from sunlight
- Do not freeze
- Keep medicine in foil pouch until ready to use
- Keep out of reach from children

What if I miss a dose of Intal?

- Do not use extra medicine to make up for a missed dose
- Call your doctor's office for advice

What are some of the side effects of Intal?

- Irritated throat
- Coughing



Tip: Taking a sip of water or juice before taking Intal helps stop these side effects



CALL DOCTOR NOW!

- Breathing is hard and fast
- Rib cage is showing
- Nose is opening wide
- Can not walk or talk well