



Information for You from Your Health Care Team

SINGULAIR

Generic Name: **MONTELUKAST** (mon-te-LOO-kast)

- My doctor also calls Singulair an **anti-inflammatory**
- Singulair is a **Controller Medicine**



What does Singulair do?

- Makes me breath easier
- Stops swelling and tightening in the air tubes of the lungs
- Helps prevent asthma attacks and control coughing wheezing, and shortness of breath



How should Singulair be stored?

- At room temperature
- In a dry place, out of sunlight
- Keep out of reach from children

When do I use Singulair?

- Every night
- Singulair is NOT a rescue-relief medicine

How do I use Singulair?

- It is a chewable pill taken at bedtime
- Take with or without food
- Your health care provider will tell you how much Singulair to take
- **Parents:** Check the dose of Singulair on your child's *Asthma Action Plan*

What if I miss a dose of Singulair?

- 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 Singulair?

- Headache
- Dizziness
- Stomach pain
- Diarrhea
- Cough



CALL DOCTOR NOW!

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