

BTS Treatment Steps – adults (13+ years)

```
graph TD; S1[Step 1: Inhaled short acting bronchodilators as required] --> S2[Step 2: Add inhaled steroids 200-800mcg per day]; S2 --> S3[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]; S3 --> S4[Step 4: Consider trials of increased inhaled steroids up to 2000mcg per day.  
Addition of 4th drug – LTRA/SR Theophylline/Oral Beta]; S4 --> S5[Step 5: Use daily steroids.  
Maintain high doses of steroids 2000mcgs per day]; S3 -.-> S2;
```

Step 5

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

Step 4

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

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 2

Add inhaled steroids 200-800mcg per day

Step 1

Inhaled short acting bronchodilators as required