

Leukotriene Modifiers (Accolate[®], Singulair[®], Zileuton[®])

What are They?

Leukotriene modifiers reduce swelling and inflammation in the airways to prevent asthma symptoms. You may not notice a change in your asthma symptoms for one to two weeks, after starting to use them.

- These medicines will not stop a sudden asthma attack. Albuterol should be used for sudden asthma attacks.
- Only regular daily use of the leukotriene modifiers will prevent asthma symptoms.
- It is important that you do not stop or decrease the dose of these medications without contacting your doctor.

How should they be used?

- **Zafirlukast (Accolate[®])** is a tablet that is taken by mouth twice a day on an empty stomach (1 hour before you eat or 2 hours after you eat). **It is very important to take this medicine on an empty stomach.**
 - Zafirlukast **must** be taken every day even if you don't have asthma symptoms.
 - If you forget to take your dose on time, do not take twice as much the next time. Take the regularly scheduled dose as soon as you remember, then get back to your regular schedule.
 - **Side effects**
 - Zafirlukast (Accolate[®]) causes very few side effects.
 - Some people may have headaches, nausea, or diarrhea. Although these side effects are quite uncommon, it is important for you to let your doctor know if you are experiencing any of these while taking zafirlukast.
- **Montelukast (Singulair[®])**
 - A tablet that is taken once a day at nighttime.
 - You can take Montelukast with or without food.
 - Montelukast must be taken every day even if you don't have asthma symptoms. If you forget to take your dose on time, do not take twice as much the next time. Take the regularly scheduled dose as soon as you remember, then get back to your regular schedule.
 - **Side effects**
 - Montelukast (Singulair[®]) causes very few side effects. Some people may have headaches, stomach upset, or feel extra tired. Even though these side effects are rare, it is important for you to let your doctor know if you are experiencing any of these while taking montelukast.

- **Zileuton (Zyflo®)**

- A tablet that is taken four times a day.
- You can take zileuton with or without food. An easy way to remember to take zileuton is to take one tablet with each meal (breakfast, lunch, and dinner) and at bedtime.
- Zileuton must be taken every day even if you don't have asthma symptoms.
- If you forget to take your dose on time, do not take twice as much the next time. Take the regularly scheduled dose as soon as you remember, then get back to your regular schedule.
- Zileuton also comes in a form that is longer acting (Zyflo CR®), which can be taken twice daily. This should be taken within one hour of the morning and evening meal.
- Zileuton (Zyflo® and Zyflo CR®) can cause the following side effects:
 - Headaches
 - Upset stomach
 - Liver function changes. You will need to have blood tests every month for the first three months, then every 2 to 3 months for the next 9 months, and then periodically while you are taking zileuton. Symptoms that occur when your liver tests change can include: pain in your right side, extreme tiredness, itching, yellowing of skin or eyes, and nausea. Contact your doctor immediately if these symptoms develop and last for more than one day.

Special instructions

It is important to remember that **leukotriene modifiers will not stop a sudden asthma attack**. Albuterol should be used for sudden asthma attacks. The leukotriene modifiers are often used in combination with your other asthma medications. It is important to take the medications as prescribed by your doctor.

- **Zafirlukast (Accolate®)** is safe to take with most of your asthma medications. However, if you are currently taking theophylline or a blood thinning medicine like warfarin (Coumadin®), make sure that you tell your doctor and pharmacist about it before starting zafirlukast.
 - Be sure to tell your doctor and pharmacist if you start taking any new medications, herbal products, vitamins, or over-the-counter medications.
- **Montelukast (Singulair®)** is safe to take with your asthma medications.
 - Be sure to tell your doctor and pharmacist if you start taking any new medications, herbal products, vitamins, or over-the-counter medications.
- **Zileuton (Zyflo®)** is safe to take with most of your asthma medications. However, if you are currently taking theophylline, or a blood thinning medicine like warfarin (Coumadin®), make sure that you tell your doctor and pharmacist before starting zileuton.
 - Be sure to tell your doctor and pharmacist if you start taking any new medications, herbal products, vitamins, or over-the-counter medications.

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