

Prescribing Tip for information

Prescribing Inhaled Budesonide for Adults with Covid-19

The MHRA has released a [position statement](#) regarding the use of Inhaled Budesonide in adult patients with symptomatic Covid-19 infection.

The PRINCIPLE trial has shown that Inhaled Budesonide has been linked to shortening recovery time by a median of 3 days in symptomatic patients with Covid-19, who are treated in community and are at higher risk of severe symptoms.¹

Prescribing Inhaled Budesonide for symptoms of Covid-19 is off-label, not standard care and should only be prescribed on a case-by-case basis following discussion with the patient.

Inclusion Criteria

Patients must meet **all** criteria below to be considered for Inhaled Budesonide treatment:

- Be 65 years of age or over OR be over 50 years of age and have co-morbidities making them eligible for the influenza vaccine.
- Be Covid-19 positive with a positive PCR results within the last 14 days.
- Be symptomatic of Covid-19 with the onset of symptoms within the last 14 days.

Exclusion Criteria

- Known hypersensitivity or contraindication to budesonide or inhaled corticosteroids.
- Admitted to hospital with Covid-19 infection before onset of treatment with budesonide.
- Symptoms which have much improved and are now mild or almost absent.
- Patients who are already prescribed corticosteroid inhalers.
- Patients who are unable to use inhalers.

Important Prescribing Information

- Dosage of Inhaled Budesonide - 800mcg twice a day for a maximum of 14 days or until all the doses in the inhaler are used. Whichever allows the shortest duration.
- Prescribe as Pulmicort Turbohaler® 400mcg (two doses twice a day) which was the brand used in the PRINCIPLE trial.
- Only prescribe **one** inhaler and ensure this **remains in acute** to prevent further issues.
- Any suspected adverse drug reactions to Budesonide should be reported via a [Yellow Card](#).

To contact the Medicines Optimisation Team please phone 01772 214302

References:

1. PRINCIPLE Trial. April 2021. <https://www.principletrial.org/results>
2. MHRA CAS alert. April 2021 <https://www.cas.mhra.gov.uk/ViewandAcknowledgment/ViewAlert.aspx?AlertID=103154>