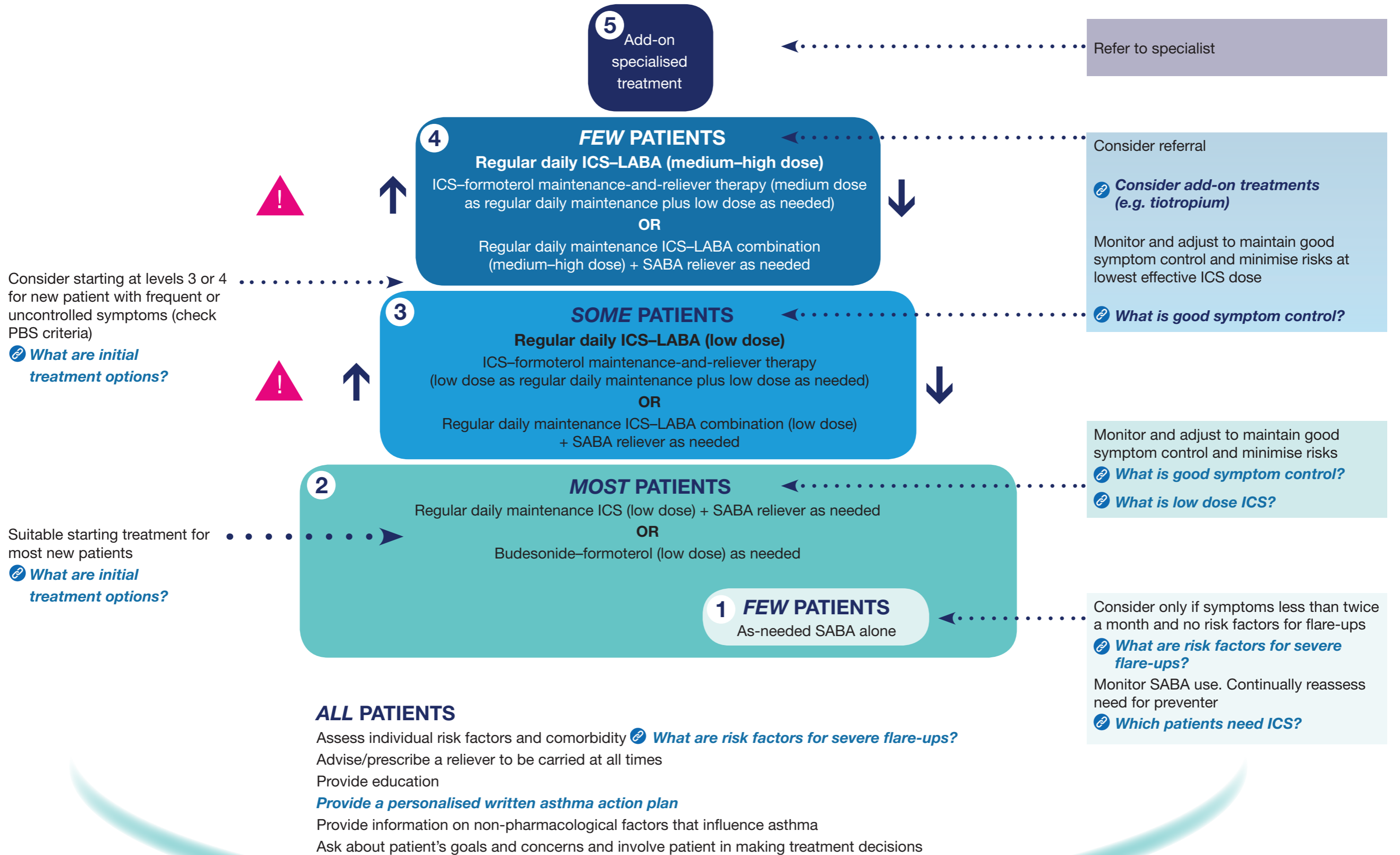


**FIGURE** Selecting and adjusting medication for adults and adolescents



ICS inhaled corticosteroid  
 LABA long-acting beta<sub>2</sub> agonist  
 SABA short-acting beta<sub>2</sub> agonist

Before you consider stepping up, check that:

- symptoms are due to asthma
- inhaler technique is correct
- adherence is adequate.

Consider stepping up if good control is not achieved despite good adherence and correct inhaler technique.

When asthma is stable and well controlled for 2-3 months, consider stepping down  
[Stepping down treatment in adults](#)