

Drug Information Table

Leukotriene modifiers – montelukast (Singulair)

Therapeutic Use	Administration	
<ul style="list-style-type: none"> • Long-term treatment of chronic asthma • Prophylaxis for exercise-induced bronchospasm (EIB) • Management of allergic rhinitis 	<ul style="list-style-type: none"> • Schedule montelukast once daily in the evening. • Available as tablets, chewable tablets, and oral granules • Mix oral granules with applesauce, carrots, rice, or ice cream or place directly on the tongue. • To prevent EIB, take at least 2 hr before exercising and do not repeat the dose for 24 hr. 	
Side/Adverse Effects	Interventions	Patient Instructions
<ul style="list-style-type: none"> • Leukotriene modifiers zileuton and zafirlukast can cause liver damage. Does not occur with montelukast 	<ul style="list-style-type: none"> • Monitor liver function with periodic testing. 	<ul style="list-style-type: none"> • Report abdominal tenderness, nausea, or anorexia.
<ul style="list-style-type: none"> • Headache 	<ul style="list-style-type: none"> • Give mild analgesic for headache. 	<ul style="list-style-type: none"> • Use over-the-counter analgesics as needed.
Contraindications	Precautions	Interactions
<ul style="list-style-type: none"> • Liver dysfunction (zileuton and zafirlukast), not montelukast • Acute asthma exacerbations • Status asthmaticus 	<ul style="list-style-type: none"> • Severe asthma 	<ul style="list-style-type: none"> • Phenobarbital (Luminal) and phenytoin (Dilantin) may necessitate higher dosages.