**Asthma—suspected**

**Diagnosis and assessment**

- Consider monitored initiation of treatment with low-dose ICS
- See Table 3 in the full guideline (SIGN 158)

**Adult asthma—diagnosed**

**Evaluation:**
- assess symptoms, measure lung function, check inhaler technique and adherence
- adjust dose
- update self-management plan
- move up and down as appropriate

**Regular preventer**

- Low-dose ICS

**Initial add-on therapy**

- Add inhaled LABA to low-dose ICS (fixed dose or MART)

**Additional controller therapies**

- Consider:
  - Increasing ICS to medium dose or
  - Adding LTRA
  - If no response to LABA, consider stopping LABA

**Specialist therapies**

- Refer patient for specialist care

**Infrequent, short-lived wheeze**

- Short acting β$_2$-agonists as required (unless using MART)—consider moving up if using three doses a week or more

ICS=inhaled corticosteroids; LABA=long-acting beta agonists; LTRA=leukotriene receptor antagonists; MART=maintenance and reliever therapy