

# Montelukast

(mon-te-LOO-kast)



**Asthma Education Clinic**  
4480 Oak Street, Vancouver, BC V6H 3V4  
604-875-2345 • 1-888-300-3088  
[www.bcchildrens.ca](http://www.bcchildrens.ca)

## What is Montelukast?

Montelukast belongs to a group of medicines known as leukotriene receptor antagonists. The brand name of this medicine is Singulair®. It is used for long-term control of mild to moderate asthma. It works to reduce the immune system's ability to cause inflammation and tightness in the airways of the lungs. Montelukast is sometimes used to treat seasonal allergies. Montelukast is available as a tablet, chewable tablet, and granules.

## Special instructions

- ▶ Montelukast is used to prevent an asthma attack. We call it a “preventer” medicine. It is important that your child takes montelukast regularly as prescribed even when he or she is not having symptoms and looks well.
- ▶ Do not stop using unless told to do so by your child's doctor.
- ▶ Montelukast will not stop your child's asthma attack. If your child is having an asthma attack, you should give a “reliever” medicine (eg. salbutamol or terbutaline).
- ▶ Montelukast is not a substitute for inhaled corticosteroids (eg. fluticasone or budesonide). Do not change the dosage of these medicines. Do not stop these medicines without talking to your child's doctor even if he or she feels better after starting montelukast.
- ▶ The oral granules can be mixed with soft food or given directly into your child's mouth. Do not mix oral granules in liquid. Your child may drink liquid after taking the dose.
- ▶ If the oral granules are mixed with food, give the dose to your child within 15 minutes of mixing with the food.
- ▶ This medicine can be taken with or without food.
- ▶ It may take up to two weeks for this medicine to work.
- ▶ Keep this medicine out of the reach of children.

## If you miss a dose

- ▶ If you miss a dose or forget to give this medicine, give it as soon as you remember unless it is almost time for the next dose, then skip the missed dose. Do not give extra medication to make up for the missed dose. If you are unsure what to do about a missed dose, contact your doctor or pharmacist.

## Common side effects

**Call your child's doctor if the following effects continue or are bothersome:**

- ▶ Stomach ache
- ▶ Cough
- ▶ Dizziness
- ▶ Fever
- ▶ Stuffy nose
- ▶ Weakness or tiredness
- ▶ Headache

---

## Warning signs

**Call your child's doctor immediately if your child has any of the following:**

- ▶ Tingling or numbness of the arms or legs
  - ▶ Rash
  - ▶ Severe sinus pain or swelling
  - ▶ Does not respond to his/her asthma “reliever” or “rescue” medicine (eg. salbutamol or terbutaline).
  - ▶ Seems to need more frequent use of asthma “reliever” or “rescue” medication.
  - ▶ Develops worsening symptoms of asthma.
- 

## Contact us

**If you need any additional information about this medicine or your child's asthma, call the Asthma Educators at BC Children's Hospital at 604-875-2345 local 7461.**

*continued...*

**This resource was created for British Columbia's Children's Hospital (BCCH) with references from:**

Cincinnati Children's Hospital Medical Center  
[www.cincinnatichildrens.org](http://www.cincinnatichildrens.org)

Canadian Lung Association at [www.lung.ca](http://www.lung.ca)

Children's Hospital Education Centre,  
Winnipeg, Manitoba at [www.wch.ca](http://www.wch.ca)

**For more information on asthma, contact the BC Children's Hospital Family Resource Library at:**

Tel: (604) 875-2345 Local 5102

Out of Vancouver: 1-800-331-1533 local 2

Fax: (604) 875-3455

Email: [famreslib@cw.bc.ca](mailto:famreslib@cw.bc.ca)

[www.bcchildrens.ca/frl](http://www.bcchildrens.ca/frl)