

Leukotriene Receptor Antagonists (LTRA)

LTRA: Class Overview

<i>Indication</i>	<i>MOA</i>	<i>Common Side Effects (>3% reported frequency)</i>	<i>Warnings/Precautions</i>	<i>Counseling Points</i>
<ul style="list-style-type: none"> - Prophylaxis and chronic treatment of asthma (FDA approved in ages ≥12 months and adults) - Relief of symptoms of allergic rhinitis - Prevention of exercise-induced bronchoconstriction (FDA approved in ages ≥6 years and adults) 	Selective leukotriene receptor antagonist that inhibits the cysteinyl leukotriene receptor	Abdominal pain Diarrhea Dyspepsia Dizziness Fatigue Headache Conjunctivitis Myopia Increased ALT/AST (Zafirlukast, Zileuton)	<ul style="list-style-type: none"> - Eosinophilia and vasculitis - Box Warning: Serious neuropsychiatric events 	<ul style="list-style-type: none"> - Usually administered in the evening

LTRA: Available medications

Name (Brand)	Dosage Forms	FDA-Approved Indicated Age	Dosage Strengths
Montelukast (Singulair)	Oral packet, Oral tablet, Oral chewable tablet	1+ yrs	Packet: 4 mg Tablet: 10 mg Chewable tablet: 4mg, 5 mg
Zafirlukast (Accolate)	Oral tablet	5+ yrs	Tablet: 10 mg, 20 mg
Zileuton (Zyflo)	Oral tablet, Oral extended-release tablet	12+ yrs	Tablet: 600 mg ER: 600 mg

LTRA: Dosing

Name (Brand)	Dosing for Asthma	Max Daily Dose
Montelukast (Singulair)	12 months to 5 years: 4 mg by mouth once daily 6 to 14 years: 5 mg by mouth once daily 15 years and older: 10 mg by mouth once daily	N/A
Zafirlukast (Accolate)	5 to 11 years: 10 mg by mouth twice daily 12 years and older: 20 mg by mouth twice daily	N/A
Zileuton (Zyflo)	Immediate release: 600 mg by mouth 4 times daily Extended release: 1,200 mg by mouth twice daily	2400 mg/day