FAIRVIEW PHARMACY — EST. 1978

Using montelukast safely

daily tablet · asthma, exercise & allergy symptoms

3 MISTAKES TO AVOID

1. **Using it like a rescue inhaler**
   It won't stop an attack already underway. Keep a fast acting rescue inhaler with you.
2. **Taking it at the wrong time**
   Evening for daily asthma control; at least 2 hours before exercise if used only for that.
3. **Stopping a steroid on your own**
   Montelukast doesn't replace your steroid. Taper slowly, with your prescriber.

How to take it

- **Asthma, every day:** one tablet once a day in the evening, with or without food.
- **Exercise symptoms only:** one dose at least 2 hours before exercise. Already taking it daily? Skip the extra dose.
- **Oral granules:** mix with soft food or formula right after opening, and use within 15 minutes.
- Missed a dose? Take it at your regular time. Don't take 2 doses at once.

Not a rescue medicine

- Montelukast will not stop an asthma attack once it's started. Keep a fast acting rescue inhaler with you at all times.

Steroids and aspirin

- Don't stop an inhaled or oral steroid on your own. Any cutback should happen slowly, under your prescriber's care.
- Aspirin or ibuprofen-type medicine sensitive? Keep avoiding them; montelukast doesn't change that.

IMPORTANT

Mood and behavior changes: some people taking montelukast have had agitation, aggressive behavior, depression, or thoughts of suicide. This can happen with or without a past mental health history, and can start even after stopping the medicine.

- New or worse mood changes? Stop montelukast and call your doctor right away.

Thoughts of suicide? Call or text 988, any time.

Good to know

Because of this risk, montelukast is usually saved for allergy symptoms only when other allergy medicines haven't worked well enough or caused problems.

Questions? Ask Dr. Mike at fairviewpharm.com/medications

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Medically reviewed by Dr. Mike Acheampong, Pharmacist, Fairview Pharmacy · October 2026

This handout is for education only and is not medical advice. Talk with your doctor or pharmacist about your medicines.
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