

## PREDICTED PEAK EXPIRATORY FLOW (liters/min)

Age (yo)	Women (height in inches)					Men (height in inches)					Child (height in inches)
	55"	60"	65"	70"	75"	60"	65"	70"	75"	80"	
20	390	423	460	496	529	554	602	649	693	740	44–160"
30	380	413	448	483	516	532	577	622	664	710	46–187"
40	370	402	436	470	502	509	552	596	636	680	48–214"
50	360	391	424	457	488	486	527	569	607	649	50–240"
60	350	380	412	445	475	463	502	542	578	618	52–267"
70	340	369	400	432	461	440	477	515	550	587	54–293"

*Am Rev Resp Dis* 1963;88:644.

**Beta Agonists—Short-Acting**

**ALBUTEROL** (*ProAir RespiClick, AccuNeb, Ventolin HFA, Proventil HFA, ProAir HFA, VoSpire ER, Aiomir, salbutamol*) MDI: 2 puffs q 4 to 6 h prn. Soln: 0.5 mL of 0.5% soln (2.5 mg) nebulized three to four times per day. One 3 mL unit dose (0.083%) nebulized three to four times per day. Tabs: 2 to 4 mg PO three to four times per day or extended-release 4 to 8 mg PO q 12 h up to 16 mg PO q 12 h. Peds: 0.1 to 0.2 mg/kg/dose PO three times per day up to 4 mg three times per day for age 2 to 5 yo, 2 to 4 mg or extended-release 4 mg PO q 12 h for age 6 to 12 yo. **Prevention of exercise-induced bronchospasm:** MDI: 2 puffs 10 to 30 min before exercise. [Trade only: MDI 90 mcg/actuation, 200 metered doses/canister. "HFA" inhalers use hydrofluoroalkane propellant instead of CFCs but are otherwise equivalent. "RespiClick" is a breath-actuated DPI. Generic/Trade: Soln for inhalation 0.021% (AccuNeb), 0.042% (AccuNeb), and 0.083% in 3 mL vials, 0.5% (5 mg/mL) in 20 mL with dropper. Tabs, extended-release 4, 8 mg (VoSpire ER). Generic only: Syrup 2 mg/5 mL. Tabs, immediate-release 2, 4 mg.] ▶ ♀ ♂? \$

**LEVALBUTEROL** (*Xopenex, Xopenex HFA*) MDI 2 puffs q 4 to 6 h prn. Nebulizer 0.63 to 1.25 mg q 6 to 8 h. Peds: 0.31 mg nebulized three times per day for age 6 to 11 yo. [Generic/Trade: Soln for inhalation 0.31, 0.63, 1.25 mg in 3 mL and 1.25 mg in 0.5 mL unit-dose vials. Trade only: HFA MDI 45 mcg/actuation, 15 g 200/canister. "HFA" inhalers use hydrofluoroalkane propellant.] ▶ ♀ ♂? \$\$\$

**METAPROTERENOL** MDI: 2 to 3 puffs q 3 to 4 h. Soln: 0.2 to 0.3 mL 5% soln nebulized q 4 h. Peds: Tabs: 20 mg PO three to four times per day age older than 9 yo, 10 mg PO three to four times per day if age 6 to 9 yo, 1.3 to 2.6 mg/kg/day divided three to four times per day if age 2 to 5 yo. [Trade only: MDI 0.65 mg/actuation, 14 g 200/canister. Generic/Trade: Soln for inhalation 0.4%, 0.6% in 2.5 mL unit-dose vials. Generic only: Syrup 10 mg/5 mL. Tabs 10, 20 mg.] ▶ ♀ ♂? \$\$