

Bronchodilators

First choice of treatment for people with COPD.

These are inhaled medicines that widen your airtubes/airways by relaxing the muscles in your lungs and “bronchi” (large tubes that direct the air you breathe to your lungs). See [this video](#) for more information about bronchi.

They can be short-acting (they last 4-6 hours) or long-acting (they last 12-24 hours and taken once or twice daily). Some inhalers combine two long-acting bronchodilators. You can also use a short-acting inhaler for extra help when needed.

Combination with an inhaled corticosteroid

Inhaled corticosteroids (ICS) reduce inflammation in your lungs.

They are usually not prescribed alone. Sometimes, they are prescribed together with one or two long-acting bronchodilators. This depends on whether you also have asthma, flare ups, and based on blood tests and other assessments (CAT test).