

Oral viscous budesonide

(Budesonide Respules®)

What is oral viscous budesonide?

Budesonide belongs to a group of medications called steroids, which are effective at easing inflammation. This medication is only available with a doctor's prescription.



What is it for?

Oral budesonide is used for the management of eosinophilic esophagitis (EoE), a condition that affects the esophagus. The esophagus is a muscular tube that carries food from the mouth to the stomach. In EoE, the esophagus has cells called "eosinophils" in it. These are allergy cells that are not normally found in the esophagus. It is thought that EoE might be caused by allergies, especially food allergies.

Children with EoE typically show symptoms such as feeding difficulties e.g., refusing solid food, feeling nauseous, vomiting, or experiencing abdominal pain. Older children may struggle with swallowing solid food or have instances of food getting stuck in the throat.

How to give this medication

It is important that this medication is given only as directed and not given to other people. Budesonide comes as a liquid that is usually inhaled in a nebuliser. However, with oral viscous budesonide the solution is swallowed. This will coat the esophagus and reduce inflammation. Each dose must be freshly prepared.

Directions to make oral viscous budesonide:

1. Open the prescribed number of small plastic container(s) (respules) by gently twisting off the top tab.
2. Pour the contents of the respule(s) into a small medicine cup.
3. Add 5 Splenda® sachets and mix until a slurry like consistency of baby food is made. The aim is to make the solution into a thickened consistency with sufficient volume to coat the esophagus.
4. Swallow all the solution from the measuring cup without swirling around the mouth.
5. Do not eat or drink for 30 minutes after each dose to allow the medication to bind in the esophagus.
6. You may rinse your mouth and spit out the water or brush your teeth after swallowing the medication. Do not swallow the water.



There are alternative options available for administering budesonide:

- Applesauce: 1 teaspoon
- Honey: 1 teaspoon (not suitable for infants < 1 year of age)

Give the dose at the same time(s) each day so that it becomes a part of your child's routine. Your doctor will decide how long your child should continue using oral budesonide.

What to do if a dose is missed?

If it is almost time for the next dose, skip the missed dose and give the next dose at the usual time. Do not try to make up for missed dose(s) by giving more than one dose at a time.

Storing the medication

It is important to keep budesonide locked away out of the reach of children. Stored below 30°C. Do not refrigerate.

Possible side effects

In general, this medication is well-tolerated. The main side effects can include a hoarse voice or sore throat. Some people will develop a yeast (Candida) infection of the mouth or esophagus. If you notice thick white or creamy coloured spots on your child's tongue, please contact your GP. There may be other side effects that are not listed here. If you notice anything unusual and are concerned, please consult your GP or hospital doctor.

Other medications

You can give your child medications that contain paracetamol or ibuprofen unless your doctor has told you not to. Always check with your doctor or pharmacist before giving any other medications to your child, including herbal or complementary medications.

Commercially available dosage forms and strengths

- Pulmicort® Respules 0.5 mg/2 mL
- Pulmicort® Respules 1 mg/2 mL

If you have any concerns contact your child's doctor, or the PCH Pharmacy Department.

Dispensary: 6456 0190 – select option 2.

Paediatric Medicines Information Service: 6456 0190 – select option 1.

In case of overdose or poisoning contact the Poisons Information Centre on 13 11 26.



Government of **Western Australia**
Child and Adolescent Health Service



Child and Adolescent Health Service
15 Hospital Avenue, Nedlands, WA, 6009.
Telephone: (08) 6456 2222
Produced by: Pharmacy
Ref: 1705 © CAHS 2024

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