

Tiotropium is a long-acting bronchodilator used in the management of chronic obstructive pulmonary disease (COPD) and asthma. It belongs to the class of medications known as anticholinergics or long-acting muscarinic antagonists (LAMAs). Tiotropium works by blocking the action of acetylcholine, a neurotransmitter, at muscarinic receptors in the airways. This results in smooth muscle relaxation and dilation of the bronchial airways, making it easier for individuals with COPD or asthma to breathe.

Key points about tiotropium include:

Indications: Tiotropium is primarily used for the long-term maintenance treatment of COPD, including chronic bronchitis and emphysema. It is also prescribed for asthma in certain cases.

Administration: It is commonly administered as an inhalation powder or mist through devices such as dry powder inhalers (DPIs) or metered-dose inhalers (MDIs). The typical recommended dose is once daily.

Efficacy: Tiotropium helps improve airflow in the lungs, reduce symptoms such as shortness of breath, and enhance exercise tolerance in individuals with COPD. It is often used as part of a comprehensive treatment plan that may include other bronchodilators or anti-inflammatory medications.

Side Effects: Common side effects may include dry mouth, constipation, urinary retention, and blurred vision. These side effects are generally mild, but individuals should inform their healthcare providers if they experience any unusual or severe symptoms.

Contraindications: Tiotropium is contraindicated in individuals with a known hypersensitivity to the drug or its components. It should be used with caution in patients with narrow-angle glaucoma, urinary retention, or prostatic hyperplasia.

Caution in Certain Populations: Special consideration is needed in elderly patients and those with renal or hepatic impairment. The safety and efficacy of tiotropium in pregnant or breastfeeding women are not well established, and its use in these populations should be determined based on the individual's clinical condition.

Long-Acting: Tiotropium is known for its long duration of action, allowing for once-daily dosing and providing sustained bronchodilation.

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