

Montelukast (Singulair)



**Asthma
Australia**

Consumer Fact Sheet

Montelukast is a non-steroidal preventer medication for asthma, often used to help exercise related asthma and more commonly used in children. Some brand names include; Singulair, Respikast, T Lukast, Lukair and Montair.

Due to recent media attention of Montelukast, the Therapeutic Drugs Administration (TGA) – the Commonwealth body responsible for regulating medicines in Australia – conducted a safety review of the medication (April 2018). This concluded there is an association between Montelukast and psychiatric side effects (such as agitation, sleep disturbance and depression) including, in rare cases, suicidal thinking and behaviour.

Following the safety review, the TGA requested;

- Information about the drug's side effects be included in packaging;
- Advice about psychiatric side effects be included in guidelines for health professionals; and
- Better monitoring to assess how many children are experiencing side effects.

Overall Montelukast is a useful first line treatment for mild to moderate asthma. The side effects are rare and it is usually a very safe preventer medication for children and teens with asthma.

However, we urge doctors to make parents aware of the possible side effects of Montelukast in a discussion about whether the drug should be prescribed.

We advise parents and carers to be aware of the potential side effects, and to closely monitor children and teenagers taking Montelukast. If you notice a change in behaviour, seek medical attention. However, parents should not stop treatment without speaking to their doctor. If you have any concerns about you or your child's mental health speak to your doctor.

For more information about Asthma, Depression and Anxiety visit our website and download our factsheet

<http://www.asthmaaustralia.org.au/.../a.../resources/fact-sheets> or contact LifeLine on 13 11 44.

For more information about asthma, call the 1800 ASTHMA Helpline (1800 278 462).