

# My Symbicort (budesonide/formoterol) Turbuhaler 200/6 Asthma Action Plan

Anti-inflammatory Reliever  
With or without Maintenance



## NORMAL MODE

### ■ MY SYMBICORT ASTHMA TREATMENT IS:

- Symbicort Turbuhaler 200/6 mcg

### ■ RELIEVER

I should take 1 inhalation of my Symbicort whenever needed for relief of my asthma symptoms

I should always carry my Symbicort with me to use as a reliever when needed

### ■ MY REGULAR MAINTENANCE TREATMENT EVERY DAY IS : (enter number of inhalations or 0 if no regular daily treatment prescribed)

Inhalation(s) in the morning (0, 1, 2)

Inhalation(s) in the evening (0, 1, 2)

### ■ MY ASTHMA IS STABLE IF:

- I do not wake up at night or in the morning because of asthma
- My asthma has not interfered with my usual activities (e.g housework, school, exercise)

OTHER INSTRUCTIONS  
(e.g. what to do before exercise, when to see my doctor)

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Plan discussed with: (name of health care professional)  
\_\_\_\_\_

My usual best peak flow (if used): \_\_\_\_\_ l/min

## ASTHMA FLARE UP

### ■ IF OVER A PERIOD OF 2-3 DAYS:

- My asthma symptoms are getting worse or not improving  
OR
- I am using more than 6 Symbicort reliever inhalations a day  
OR
- Peak flow below:  (delete if not used)

### I SHOULD:

- Continue to use my Symbicort to relieve my symptoms and my regular daily Symbicort if prescribed (up to a maximum total of 12 inhalations in a day)

- Contact my doctor
- Start a course of prednisolone

### COURSE OF PREDNISOLONE TABLETS:

Take \_\_\_\_\_ mg prednisolone tablets each morning for \_\_\_\_\_ days; OR

### ■ IF I NEED MORE THAN 12 SYMBICORT INHALATIONS (TOTAL) IN ANY DAY,

- I must see my doctor or go to hospital the same day

Usual Medical Contact: Name and telephone number  
\_\_\_\_\_

## ASTHMA EMERGENCY

### ■ SIGNS OF AN ASTHMA EMERGENCY

- My asthma symptoms are getting worse quickly
- I am finding it very hard to breathe or speak
- My Symbicort is not helping

**IF I HAVE ANY OF THE ABOVE  
DANGER SIGNS, I SHOULD  
DIAL 000 FOR AN AMBULANCE AND  
SAY I AM HAVING A SEVERE ASTHMA  
ATTACK.**

### ■ WHILE I AM WAITING FOR THE AMBULANCE:

- Sit upright and keep calm
- I should keep taking my Symbicort as needed
- If only Ventolin® is available, take 4 puffs as often as needed until help arrives
- Even if my symptoms appear to settle quickly I should seek medical advice right away
- Use my adrenaline autoinjector

OTHER INSTRUCTIONS

# FREQUENTLY ASKED QUESTIONS

## WHAT IS SYMBICORT ANTI-INFLAMMATORY RELIEVER TREATMENT?

Symbicort Anti-Inflammatory Reliever treatment combines both a reliever and preventer in one inhaler.

**A separate rescue inhaler such as Ventolin® (salbutamol) or Bricanyl® (terbutaline) is not necessary**, because Symbicort works quickly (1–3 minutes) to relieve your symptoms; and also helps protect you from flare-ups of your asthma by treating the underlying inflammation in your lungs.

## WHEN SHOULD I USE MY SYMBICORT?

Discuss with your doctor whether to use your Symbicort Turbuhaler before exercise, or before you are exposed to something you are allergic to.

## FOR RELIEF OF SYMPTOMS

Take 1 inhalation of Symbicort as needed whenever you feel you need it to relieve your asthma symptoms.

Make sure that you keep your Symbicort with you at all times to use as a reliever.

## REGULAR MAINTENANCE TREATMENT

Your doctor/nurse may recommend that your asthma also needs regular Symbicort treatment each day to keep your asthma under control.

**If you are prescribed regular treatment it is important that you take it every day, even if you are well and have no asthma symptoms.**

Continue to use your Symbicort as needed, to relieve asthma symptoms if they occur.

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## HOW MUCH SYMBICORT CAN I USE?

It is uncommon to need more than a couple of reliever inhalations of Symbicort per day. If you need to take more doses to relieve your symptoms, do not use more than a total of **6 inhalations on a single occasion** or more than a total of **12 inhalations in any day**. If your symptoms continue to worsen over 2-3 days, despite using additional inhalations, tell your doctor.

## SOME USEFUL TIPS

- Keep this action plan somewhere where you can see it easily (e.g front of fridge).
- Consider taking a photo of your plan for your mobile phone.
- Remember to take your action plan and inhaler(s) to your next asthma review.
- Many patients find it helpful to have two Symbicort inhalers, one at home (including for regular daily use if prescribed), and one in their pocket or bag for as-needed reliever use.

## HOW DO I CARE FOR MY TURBUHALER?

1. Do not wash your Turbuhaler as it will not work if it gets wet.
2. Wipe the mouthpiece with a dry tissue or cloth.
3. Make sure you put the cap on tightly after each use.
4. Your Turbuhaler has a dose indicator window just below the mouthpiece, when you see red in the window it is time to get a new Turbuhaler. It means that there are 20 doses left.



## HOW DO I USE MY TURBUHALER?

1. Unscrew and remove the protective cover
2. Hold the Turbuhaler upright
3. Twist the coloured grip as far as it will go in one direction and then back again. You will hear a click sound. Your Turbuhaler is now loaded with a dose of medication

Note: If you're using your Symbicort Turbuhaler for the first time, repeat this step two more times before going on to the next step

4. Breathe out gently away from the Turbuhaler
5. Place the mouthpiece between your lips:
  - Suck in deeply and forcefully through the Turbuhaler. You may not taste or feel the medication
  - Remove the inhaler from your mouth, hold your breath for 5 seconds and then breathe out. Do not breathe back into the mouthpiece as you will make it damp inside
  - If more than one dose is required, repeat the steps above
  - When you are finished, place the cover back on the inhaler and twist shut

Note: Full instructions on the correct way to use and clean your Symbicort Turbuhaler are also included in the instructions for use in each pack.



**Symbicort®**  
budesonide/formoterol

Reference:

1. Symbicort® Turbuhaler® Consumer Medicine Information.