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

Anti-inflammatory Reliever
With or without Maintenance

Name: _____

Date: _____

Plan discussed with: (name of health care professional)

_____

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

National Asthma Council AUSTRALIA

Usual Medical Contact: Name and telephone number

_____

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)

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

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.

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.

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For Medical Information enquiries or to report an adverse event or product quality complaint: Telephone 1800 805 342 or via https://contactazmedical.astrazeneca.com Or email Medical Information enquiries to medinfo.australia@astrazeneca.com.

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Reference:
1. Symbicort® Turbuhaler® Consumer Medicine Information.

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