

My Symbicort® Turbuhaler® Asthma Action Plan

Symbicort®
budesonide/
eformoterol

**Symbicort Maintenance
And Reliever Therapy**



Name: _____

Date: _____

Usual best PEF: _____ L/min

GP: _____

GP phone: _____

Normal mode

■ MY SYMBICORT ASTHMA TREATMENT IS:

- Symbicort Turbuhaler 100/6 mcg OR
- Symbicort Turbuhaler 200/6 mcg

■ MY REGULAR TREATMENT EVERY DAY:

Take inhalation(s) in the morning
and inhalation(s) in the evening, every day

■ RELIEVER:

**Use Symbicort 1 inhalation whenever needed
for relief of my asthma symptoms**

I should always carry my Symbicort Turbuhaler

■ MY ASTHMA IS STABLE IF:

- I can take part in normal physical activity without asthma symptoms
AND
- I do not wake up at night or in the morning because of asthma

OTHER INSTRUCTIONS:

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,

I should:

- Continue to use my regular everyday treatment PLUS 1 inhalation of Symbicort whenever needed to relieve symptoms
- Start a course of prednisolone
- Contact my doctor

COURSE OF PREDNISOLONE TABLETS:

Take 2 x 25 mg or mg prednisolone
tablets per day 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:

- Symptoms getting worse quickly
- Extreme difficulty breathing or speaking
- Little or no improvement from Symbicort reliever inhalations

**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 START MY ASTHMA FIRST AID PLAN:

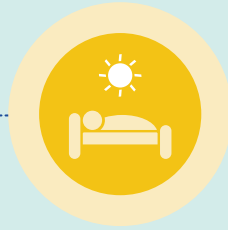
- Sit upright and stay calm
- Take 1 inhalation of Symbicort. Wait 1–3 minutes. If there is no improvement take another inhalation of Symbicort (up to a maximum of 6 inhalations)
- If only Ventolin® is available, take 4 puffs as often as needed until help arrives
- Start a course of prednisolone tablets (as directed) while waiting for the ambulance
- Even if my symptoms appear to settle quickly, I should see my doctor immediately after a serious asthma attack

Symbicort®: Morning, night and when asthma gets tight'

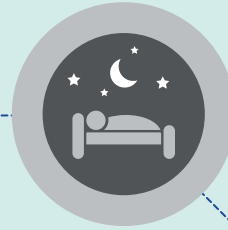
Unlike some treatments where you need separate inhalers, with Symbicort single inhaler therapy you only need one.

You use it as your regular 'maintenance' treatment to treat inflammation and prevent flare-ups, and also to relieve 'breakthrough' asthma symptoms as needed, when your airways narrow.

A separate rescue inhaler such as Ventolin® (salbutamol) isn't necessary.



Take your regular maintenance Symbicort treatment every day as prescribed by your doctor.



Make sure you refer to your Asthma Action Plan provided by your doctor. It will tell you how to know if your asthma is getting worse and what to do.

Keep your Symbicort with you at all times for use as a reliever. Additional inhalations provide rapid relief and continue to work for at least 12 hours.

(It's uncommon to need more than a couple of extra reliever inhalations of Symbicort in one day.)

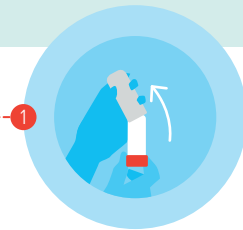


Important: Only your Symbicort inhaler can be used for both prevention and relief of asthma. Other types of asthma inhalers should not be used this way.

Do not use more than 6 inhalations of your Symbicort Turbuhaler® on a single occasion or more than 12 inhalations in any day.

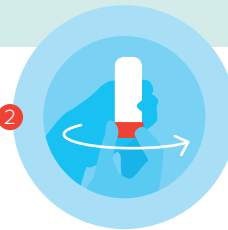
If your symptoms continue to worsen over three days, despite using additional inhalations, tell your doctor.

How to use your Symbicort Turbuhaler¹



Remove cap

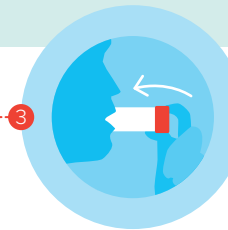
Unscrew and lift off the protective outer cover.



Load the Symbicort Turbuhaler

Hold Turbuhaler upright around the white body. Twist the coloured base as far as it will go in one direction and then back again. During this you'll hear a click. Turbuhaler is now loaded with a dose.

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.

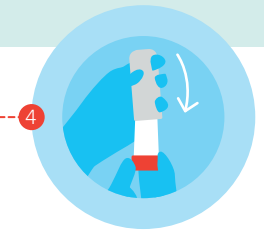


Inhale the medication

Place the mouthpiece gently between your lips.

Breathe in forcefully and deeply through the Turbuhaler.

You may need to repeat this step depending on your directions from your doctor.



Replace the cap

Replace the protective cover firmly.

Refer to the leaflet in the pack for more information on how to use your Turbuhaler.

Like to find out more?

For further information about your asthma treatment, ask your doctor or pharmacist, or visit www.symbicort.com.au When asked for an **access code**, enter: **7252**

You'll also find helpful general information about asthma at these websites:

National Asthma Council Australia: www.nationalasthma.org.au

Asthma Australia: www.asthmaaustralia.org.au



For further information please contact your doctor or pharmacist.

References. 1. Symbicort Turbuhaler® Consumer Medicine Information. Symbicort®, Turbuhaler® and Bricanyl® are registered trademarks and SMART™ is a trademark of the AstraZeneca group of companies. Ventolin® is a registered trademark of the GlaxoSmithKline group of companies. Registered user AstraZeneca Pty. Ltd. ABN 54 009 682 311, 66 Talavera Road, Macquarie Park, NSW 2113. AstraZeneca Medical Information or to report an adverse event: 1800 805 342. WL296235, AU-3335, August 2017.

Ask your doctor about **new Bluetooth Turbu+** and how it can help you manage asthma treatment through your smartphone.



AstraZeneca