

My Symbicort® Rapihaler® 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 Rapihaler 50/3 mcg OR
- Symbicort Rapihaler 100/3 mcg

■ MY REGULAR TREATMENT EVERY DAY:

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

■ RELIEVER:

**Use Symbicort 2 inhalations whenever needed
for relief of my asthma symptoms**

I should always carry my Symbicort Rapihaler

■ 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 12 Symbicort reliever inhalations a day,

I should:

- Continue to use my regular everyday treatment PLUS 2 inhalations 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 24 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:

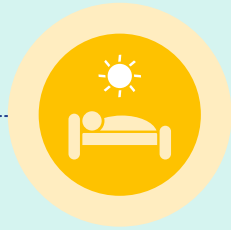
- Sit up right and stay calm
- Take 2 inhalations of Symbicort. Wait 1–3 minutes. If there is no improvement take another 2 inhalations of Symbicort (up to a maximum of 12 inhalations)
- If only Ventolin® is available, take 4 puffs as often as needed until help arrives
- Start a course of prednisolone 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.

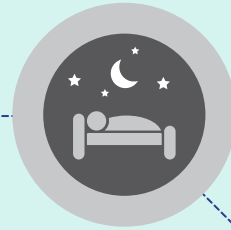
You use it as your regular 'maintenance' treatment to treat inflammation and prevent flare-ups, and also to relieve 'breakthrough' asthma symptoms as needed, when your airways narrow.

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.)

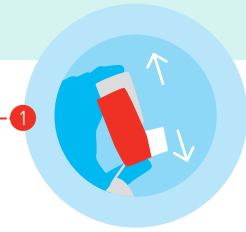


Important: Only your Symbicort inhaler can be used for both prevention and relief of asthma. Other types of asthma inhalers should not be used this way.

Do not use more than 12 puffs of your Symbicort Rapihaler® on a single occasion or more than 24 puffs in any day.

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

How to use your Symbicort Rapihaler¹



Holding it upright, shake your inhaler well for 5 seconds. Remove the mouthpiece cover by squeezing gently at both sides, then pulling out. Check the mouthpiece for foreign objects.

(The first time, you will need to prime it. Hold the inhaler facing away from you, and release a test spray. Shake it again for 5 seconds and release a second test spray. If you don't use your Symbicort inhaler for more than 7 days or if you drop it, you will need to prime it again.)

Ideally, you should use a spacer with your Rapihaler, for easier and more effective delivery of your medication.



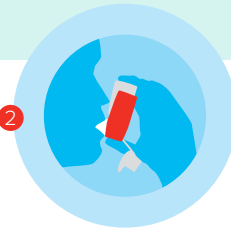
Like to find out more?

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: **0580**

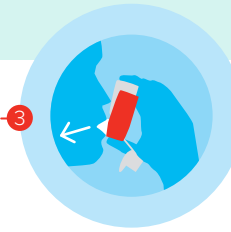
You'll also find helpful general information about asthma at these websites:

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

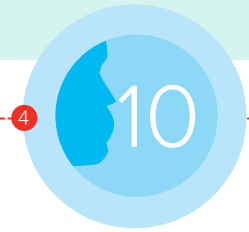
Asthma Australia: www.asthmaaustralia.org.au



Breathe out fully and hold the inhaler up to your mouth. Place the white mouthpiece fully into your mouth and close your lips around it. Make sure the inhaler is upright and the opening of the mouthpiece is pointing towards the back of your throat.



Breathe in deeply and slowly through your mouth. Press down firmly and fully on the counter on the inhaler to release the medicine.



Continue to breathe in, then hold your breath for about **10 seconds**, or as long as it's comfortable. Before you breathe out, release your finger from the top of the counter. Keep your inhaler upright and remove it from your mouth.

Shake your inhaler again for 5 seconds and repeat steps 2 to 4.

Simple to use counter

- Counts down from 120 doses
- When the arrow reaches the yellow area, it's time for a new Rapihaler
- When the arrow reaches the red area, the Rapihaler is empty



For further information please contact your doctor or pharmacist.

References. 1. Symbicort Rapihaler® Consumer Medicine Information. Symbicort®, Rapihaler® 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-3336, August 2017. 