

# My Symbicort® Turbuhaler® Asthma Action Plan

**Symbicort®**  
budesonide/  
formoterol

**Symbicort Maintenance  
And Reliever Therapy**



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

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

GP: \_\_\_\_\_

Usual best PEF: \_\_\_\_\_ L/min

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

# Frequently Asked Questions

## What is Symbicort Maintenance And Reliever Therapy?

Symbicort Maintenance And Reliever Therapy is a Symbicort dosing schedule for managing asthma. With this schedule, Symbicort is used BOTH for regular daily maintenance treatment AND for relief of breakthrough symptoms. A separate rescue inhaler such as Ventolin® (salbutamol) or Bricanyl® (terbutaline) is not necessary. Symbicort can be used in this way because it is an effective reliever and continues to work for at least 12 hours.

## Why is this treatment approach different?

Symbicort Maintenance And Reliever Therapy not only relieves symptoms, but also treats inflammation (the underlying problem in asthma) with every inhalation. Therefore, you only need one inhaler to work as both a preventer and reliever. Other treatment approaches require two or more medications for different situations.

## Can I use any other inhaler the same way?

No. Symbicort is the only asthma inhaler that can be used for both maintenance and reliever treatment. This is because it has rapid onset of action (1–3 minutes) for symptom relief that lasts at least 12 hours, as well as an inhaled corticosteroid that treats inflammation. This Symbicort Maintenance And Reliever Treatment dosing schedule should **not** be used with any asthma medications other than Symbicort Turbuhaler 100/6 or 200/6 as directed.

## Do I still need a separate reliever inhaler?

NO, a separate reliever inhaler such as Ventolin® or Bricanyl® is not necessary if you are using Symbicort as Maintenance and Reliever therapy. Your doctor will advise you if you need any other inhaler in addition to Symbicort.

- Symbicort has been shown to effectively relieve symptoms when they occur.
- Unlike other relievers, Symbicort is a combination of a preventer and reliever treatment. So, Symbicort also treats inflammation to help prevent symptoms.

## What is the maximum number of Symbicort inhalations that I can take in one day?

It's uncommon to need more than a couple of extra reliever inhalations of Symbicort in one day. At times, you can use more as long as you follow your written Asthma Action Plan. You should not take more than 6 inhalations of Symbicort on a single occasion or more than a total of 12 inhalations on any one day. If you require more than 12 inhalations in any day you should see your doctor or go to the hospital the same day.

## How long do I use it?

Use Symbicort Turbuhaler every day even if you feel well. Symbicort Turbuhaler helps control your asthma, but does not cure it. Keep using it unless your doctor tells you to stop taking it.

## Do I need to carry my Symbicort Turbuhaler with me?

Yes, you should carry your Symbicort Turbuhaler with you at all times for use as a reliever.

## Is there an increased risk of side effects using Symbicort as both my regular daily maintenance and reliever?

All asthma medicines can have side effects. Serious side effects are rare with Symbicort Turbuhaler. See the Consumer Medicine Information (CMI) leaflet, which is available from your doctor or pharmacist, for a full list of potential side effects. There is no additional risk of side effects with Symbicort Maintenance And Reliever Therapy if taken as instructed by your doctor. You should tell your doctor or pharmacist as soon as possible if you do not feel well while you are using Symbicort Turbuhaler.



For further information please contact your doctor or pharmacist.

Reference. Consumer Medicine Information for Symbicort®. Ventolin® is a registered trademark of the GlaxoSmithKline group of companies. Symbicort®, Bricanyl® and Turbuhaler® are registered trademarks of the AstraZeneca group of companies. Registered user AstraZeneca Pty. Ltd. ABN 54 009 682 311, 5 Alma Road, North Ryde NSW 2113. AstraZeneca Medical Information: 1800 805 342. [www.astrazeneca.com.au](http://www.astrazeneca.com.au). AU-SYM000730, WL280315, Sept 2013