

My Symbicort (budesonide/formoterol) Rapihaler 100/3 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



Usual Medical Contact: Name and telephone number

NORMAL MODE

MY SYMBICORT ASTHMA TREATMENT IS:

- Symbicort Rapihaler 100/3 mcg
- Use with a spacer

RELIEVER

I should take 2 separate puffs (1 at a time) 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 puffs or 0 if no regular daily treatment prescribed)

Puffs in the morning (0, 2, 4)

Puffs in the evening (0, 2, 4)

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 12 Symbicort reliever puffs 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 total maximum of 24 puffs 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 24 SYMBICORT PUFFS (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 Rapihaler before exercise, or before you are exposed to something you are allergic to.

FOR RELIEF OF SYMPTOMS

Take 2 separate puffs (1 at a time) 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.

You should continue to use your Symbicort as needed, to relieve asthma symptoms if they occur.

Reference:

1. Symbicort® Rapihaler® Consumer Medicine Information.

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www.astrazeneca.com.au. For Medical Information enquiries: 1800 805 342 or medinfo.australia@astrazeneca.com.

To report an adverse event: 1800 805 342 or via <https://aereporting.astrazeneca.com>.



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HOW MUCH SYMBICORT CAN I USE?

It is uncommon to need more than a couple of reliever puffs of Symbicort per day. If you need to take more doses to relieve your symptoms, do not use more than a total of **12 puffs on a single occasion** or more than a total maximum of **24 puffs in any day**. If your symptoms continue to worsen over 2-3 days, despite using additional puffs, 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.**
- **Whenever possible, use your Symbicort Rapihaler with a spacer. See nationalasthma.org.au for how to use a spacer.**

HOW TO CARE FOR MY RAPIHALER?

1. Do not use water or liquids and do not remove the canister from the inhaler.
2. Wipe the inside and outside of the mouthpiece at least once a week with a clean dry cloth or tissue.
3. Replace the mouthpiece cover back after each use.
4. After you have taken the inhaler out of its foil pouch, you should use it within 3 months. The counter on the top of your inhaler tells you how many puffs are left in your Symbicort Rapihaler. When the arrow first enters the yellow area this means that there are about 20 puffs left and you should consider getting a new Symbicort Rapihaler.



HOW DO I USE MY RAPIHALER?

1. Shake the inhaler well to mix the contents. Remove the mouthpiece cover by squeezing gently at both sides, then pulling out.
2. Hold the Rapihaler upright.
3. If you're using your Symbicort Rapihaler for the first time, you will need to prime it. Hold the inhaler facing away from you, and release a test spray into the air. 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).

4. Breathe out gently.
5. Place the mouthpiece between your lips, make sure the inhaler is upright and the opening of the mouthpiece is pointing towards the back of your throat:

- Start to breathe in slowly and deeply through your mouth. Press the counter firmly to release a puff as you continue to breathe in.

- Hold your breath for 10 seconds, or for as long as it is comfortable. Release your finger from the counter and remove the inhaler from your mouth. Then breathe out slowly. 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, shaking the inhaler well between each puff.

- When you are finished, replace the mouthpiece cover back by pushing until it clicks into place.

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



Symbicort®
budesonide/formoterol