

# My Symbicort® Asthma Action Plan

Symbicort® Maintenance And Reliever Therapy

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

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

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

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

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

## Normal mode

### ■ MY SYMBICORT ASTHMA TREATMENT IS:

- Symbicort 100/6 µg OR
- Symbicort 200/6 µg

### ■ 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 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 new 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 is not necessary. Symbicort can be used in this way because it is an effective reliever (like Bricanyl®, Ventolin®, Asmol®, Airomir® and Epaq®) 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. The Symbicort Maintenance And Reliever Treatment dosing schedule should **not** be used with any asthma medications other than Symbicort 100/6 or 200/6.

## Does Symbicort work like other relievers/rescue inhalers (Bricanyl®, Ventolin®, Asmol®, Airomir® and Epaq®) and do I still need them?

In some ways, Symbicort works like other relievers (Bricanyl®, Ventolin®, Asmol®, Airomir® and Epaq®), but in other ways it is very different:

- YES, like other relievers, Symbicort has been shown to effectively relieve symptoms when they occur.
- NO, unlike other relievers, Symbicort also treats inflammation and can therefore be used as regular maintenance therapy to help prevent symptoms.

A separate reliever/rescue inhaler is therefore not necessary in addition to Symbicort. Your doctor will advise you if you need any other inhaler in addition to Symbicort.

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

It is 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.