

# WELCOME TO SYMBICORT® ASTHMA THERAPY



## Hello.

Read on to find information on asthma and the Symbicort® therapy your doctor has prescribed. Always take your Symbicort® exactly as instructed.

Having asthma means your airways have **inflammation**. Inflammation can get worse and lead to asthma symptoms, where your airways start to narrow, making it hard to breathe.

### NORMAL AIRWAY

No inflammation



### INFLAMED AIRWAY

Muscle tightening  
Inflammation



## SYMBICORT® CONTAINS A MIXTURE OF TWO MEDICINES:

### FORMOTEROL

Treats symptoms.

- Can help widen or open airways
- Can help make it easier to breathe



### BUDESONIDE

Treats inflammation.

- Can help keep airways open
- Reduces and prevents inflammation caused by asthma

## Safety Information

Symbicort® is used to treat asthma in adults and children 12 years and older.

The most commonly reported side effects of Symbicort® are headache, trembling, sensation of heartbeat, cough, irritation of mouth and/or throat and hoarseness. If any of these side effects concern you, do not stop treatment, but tell your doctor about them.

Drugs that may interact with Symbicort® include beta-blockers (propranolol, atenolol, timolol), ketoconazole, itraconazole, ritonavir, diuretics (or “water pills”), antidepressants and monoamine oxidase inhibitors.

When LABA medicines are used alone without an ICS, they increase the risk of hospitalization and death from asthma problems. Symbicort® Turbuhaler® contains both an ICS and LABA. Studies showed that when an ICS and LABA are used together, there is not a significant increased risk in hospitalizations and death from asthma problems.

If you had been taking oral corticosteroids to treat your asthma and you suddenly have a severe asthma attack when starting Symbicort®, contact your doctor immediately.

If you experience warning signs that your condition is worsening, you should tell your doctor right away or go to the nearest hospital.

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Watch the Symbicort® Turbuhaler® instructional video at [Symbicort.ca](https://www.Symbicort.ca)



SY2016E

**Symbicort®**  
budesonide/formoterol  
fumarate dihydrate

## 1: MILD, PERSISTENT ASTHMA

OR

## 2: MODERATE OR SEVERE ASTHMA

SYMBICORT® 200 TURBUHALER®  
ANTI-INFLAMMATORY **RELIEVER** THERAPY

SYMBICORT® \_\_\_\_\_ TURBUHALER®  
ANTI-INFLAMMATORY **RELIEVER + MAINTENANCE** THERAPY

1

PUFF IN  
RESPONSE TO  
SYMPTOMS

+1

PUFF AFTER A FEW  
MINUTES, IF SYMPTOMS  
PERSIST



Not more than 6 inhalations at one time.  
Maximum 8 inhalations per day in all cases.

1

PUFF IN  
RESPONSE TO  
SYMPTOMS



PUFF(S) IN  
THE MORNING

+1

PUFF AFTER A  
FEW MINUTES, IF  
SYMPTOMS PERSIST



PUFF(S) IN  
THE EVENING



Not more than 6 inhalations at one time.  
Maximum 8 inhalations per day in all cases.

You will be prescribed only **ONE** of the two approaches to the left, as filled out by your doctor. Follow the instructions as recorded, and always have your Symbicort® Turbuhaler available for the rapid relief of symptoms.

**TAKE ACTION:** Tell your doctor when:



Relief is not as good as usual or does not last as long

A change from usual includes more:

- Wheezing
- Coughing
- Tightness or shortness of breath



Using >8 puffs in a day



Using relief puffs more and more (and not getting better control of your asthma within 2 weeks)



Symptoms wake you at night



Peak flow meter is 60-80% of personal best

These could be signs that your asthma may be getting **WORSE**. Talk to your doctor to assess your dose and asthma control.

**SEEK IMMEDIATE HELP** if you notice the following warning signs:



After using Symbicort® for relief:

- You don't feel any better, or
- Shortness of breath/wheezing suddenly gets worse



Racing pulse (pulse >120 beats per minute)



Peak flow meter is <60% of personal best



Breathlessness at rest

Tell a doctor **RIGHT AWAY** or go to the nearest hospital.