

WELCOME TO SYMBICORT® TURBUHALER® ASTHMA THERAPY



Hello.

Read on to find information about asthma and the SYMBICORT TURBUHALER therapy your doctor has prescribed. Always take your SYMBICORT TURBUHALER 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 TURBUHALER® 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 TURBUHALER is used to treat asthma in adults and children 12 years and older. If you are between 12 and 18 years of age, your growth should be monitored regularly by a doctor.

The most commonly reported side effects of SYMBICORT TURBUHALER 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 TURBUHALER include beta-blockers (propranolol, atenolol, timolol), ketoconazole, itraconazole, ritonavir, diuretics (or "water pills"), antidepressants, and monoamine oxidase inhibitors.

If you had been taking oral corticosteroids to treat your asthma and you suddenly have a severe asthma attack when starting SYMBICORT TURBUHALER, contact your doctor right away.

When LABA medicines are used alone without an inhaled corticosteroid (ICS), they increase the risk of hospitalization and death from asthma problems. SYMBICORT TURBUHALER contains both an ICS and long-acting β_2 -agonist (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.

You should tell your doctor right away or go to the nearest hospital if you experience the following warning signs: not feeling relief from your reliever medication; a sudden worsening in shortness of breath and wheezing shortly after using your reliever medication; your peak flow meter reading less than 60% of predicted or personal best; feeling breathless at rest; or your pulse racing (more than 120 beats per minute).

For more information, read the Consumer Leaflet that came with your SYMBICORT TURBUHALER package.

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Watch the SYMBICORT TURBUHALER instructional video at [SYMBICORT.ca](https://www.symbicort.ca).

AstraZeneca



Symbicort®
budesonide/formoterol
fumarate dihydrate

SYMBICORT TURBUHALER

1: MILD, PERSISTENT ASTHMA
 SYMBICORT 200 TURBUHALER
 ANTI-INFLAMMATORY **RELIEVER** THERAPY

OR

2: MODERATE OR SEVERE ASTHMA
 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.

PUFF(S) IN
THE MORNING

1

PUFF IN RESPONSE
TO SYMPTOMSPUFF(S) IN
THE EVENING

+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.

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 healthcare professional 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 healthcare professional
to assess your
dose and asthma control.

SEEK IMMEDIATE HELP if you notice the following warning signs:



After using SYMBICORT
TURBUHALER for relief:

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



Breathlessness at rest



Racing pulse
(pulse >120 beats per minute)



Peak flow meter is <60%
of personal best

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