



Symbicort[®]
Maintenance
And Reliever
Therapy (SMART):
Your brown and blue
medicines in a
single inhaler

Patient
Information Leaflet

Symbicort[®]
budesonide/formoterol

AstraZeneca 

You have been prescribed Symbicort to use every morning and every evening as your maintenance medicine and as required for symptom relief

With Symbicort SMART both of your asthma medicines are in a single inhaler



This leaflet has been written to help answer any questions you may have about your treatment with Symbicort SMART.

You should read it together with the Patient Information Leaflet included in the box with your inhaler.

If you still have questions after reading this leaflet, ask your doctor, nurse or pharmacist, who will be happy to help you.

Symbicort Maintenance And Reliever Therapy (SMART):

What is asthma?

Asthma is a long-term lung disease that affects the tubes carrying air in and out of your lungs. When a person is suffering from asthma, the muscles around the walls of the airways tighten so the airways become narrower, and the lining of the airways becomes inflamed and starts to swell.

What is Symbicort Turbohaler®?

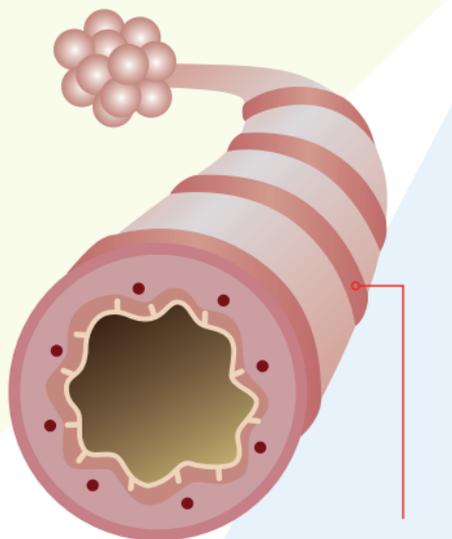
Symbicort combines two medicines in one inhaler – the Turbohaler:

Budesonide

The brown maintenance medication (also called preventer), helps reduce inflammation and therefore, helps reduce swelling within your airways.

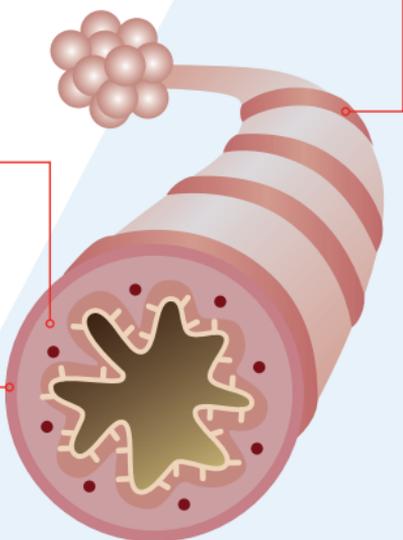
Formoterol

The blue reliever medication can help your breathing when you have symptoms by relaxing and opening up your airways. It works quickly to help give you relief from symptoms.



Normal airway

Smooth muscles



Asthmatic airway

Your brown and blue medicines in a single inhaler

How do I use Symbicort as Maintenance And Reliever Therapy?

Your doctor or nurse will have given you full instructions on how to use Symbicort Turbohaler as Maintenance And Reliever Therapy, but here are some important things to remember:

- **Take your regular daily maintenance inhalation(s) every day**, in the morning and in the evening. You should always do this even when you are feeling well and have no asthma symptoms
- **If you are having asthma symptoms**, take 1 additional inhalation of Symbicort Turbohaler (just as you would have done with your blue reliever inhaler previously)
- **If your symptoms do not improve after 5 minutes**, take 1 more inhalation of Symbicort Turbohaler



You should take no more than a total of 6 inhalations on any single occasion for relief of symptoms, and no more than 12 inhalations during any single day.

If you regularly need more than 8 inhalations in the same day, see your doctor as soon as possible.

If you take a blue inhaler before exercise, you should mention this to your doctor, as you may need to continue to do this. You can use Symbicort Turbohaler for symptoms brought on after exercise.

So, how is Symbicort SMART different to the treatment that I have been using?

Symbicort Maintenance And Reliever Therapy allows you to use one inhaler to control your asthma. In addition to using Symbicort as your maintenance therapy every time you use Symbicort as a reliever inhaler you also help to control the underlying inflammation.

I've had Symbicort Turbohaler before, so will my new inhaler be different to the one I used before?

No, your Symbicort Turbohaler will be the same as before. But now you will also use your Symbicort Turbohaler when you would have used your reliever (blue) inhaler previously.

What should I do if I forget to take one of my morning or evening doses of Symbicort Turbohaler?

You should take a dose as soon as you remember. However, if it is nearly time for your next dose, skip the missed dose. Do not take a double dose to make up for a forgotten dose. If you have any further questions on the use of this medicine, ask your doctor, nurse or pharmacist.

I am worried about not having my blue reliever inhaler anymore

Some people can find it difficult getting used to a new routine and worry that they will still need their blue reliever inhaler. But, because Symbicort Turbohaler contains a reliever, it will help relieve your symptoms as quickly as your blue reliever would have. This means that you will no longer need a separate blue inhaler to use as a reliever.

If you take a blue inhaler before exercise, you should mention this to your doctor, as you may need to continue to do this. You can use Symbicort Turbohaler for symptoms brought on after exercise.

How can I tell how many inhalations are left in my inhaler?

When there are 20 doses remaining, a red band will appear at the top of the dose counter window, to remind you to request a new Symbicort Turbohaler. When the '0' that appears on the red background reaches the middle of the counter, you must start using your new Symbicort Turbohaler.



Your brown and blue medicines in a single inhaler

What should I do in an emergency?

This may be when you become breathless, wheezy or tight-chested, or are too breathless to speak easily, and when taking more inhalations of your Symbicort Turbohaler as a reliever does not help you (i.e., you do not feel better within 5 minutes of using it).

If you have a personal asthma action plan, you should follow its instructions. Otherwise, you should seek medical advice immediately by calling your doctor or an ambulance, or going directly to hospital.

What is a Personal Asthma Action Plan (PAAP)?

A personal asthma action plan is drawn up between you and your doctor or nurse, and will help you manage your asthma from day to day. If you do not already have one, speak to your doctor or nurse about getting one.

Please read the Patient Information Leaflet included in the box with your Turbohaler for additional information.



Notes Everyone's experience of asthma is different. If you still have questions, please note them below to discuss with your doctor, nurse or pharmacist at your next visit.

What are the common side effects?

Side effects can occur with any medication. Common side effects with Symbicort Turbohaler may include:

- palpitations (awareness of your heart beating);
- trembling or shaking;
- oral thrush (a fungal infection);
- mild sore throat;
- coughing and a hoarse voice;
- headache.

Speak to your doctor, nurse or pharmacist if you experience any of these symptoms.

Please read the Patient Information Leaflet included in the box with your Turbohaler for additional information.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet.

Suspected adverse reactions and medication errors should be reported. Report forms can be downloaded from www.medicinesauthority.gov.mt/adrportal and send by post or email to:

P: ADR reporting, Sir Temi Zammit Buildings, Malta Life Sciences Park, San Gwann SGN 3000
E: postlicensing.medicinesauthority@gov.mt.

Suspected adverse reactions and medication errors should also be reported to Associated Drug Company Limited on +356 22778115.

By reporting side effects you can help provide more information on the safety of this medicine.



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Further information available on request from:

Associated Drug Co. Ltd

Triq I-Esportaturi

Mrieħel

Birkirkara BKR3000

Malta

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DOP: June 2016 **JBN:** 978,413.011