

# Symbicort® As Needed

(Budesonide and Formoterol)  
Metered dose inhaler with spacer and mask



80/4.5 mcg



160/4.5 mcg

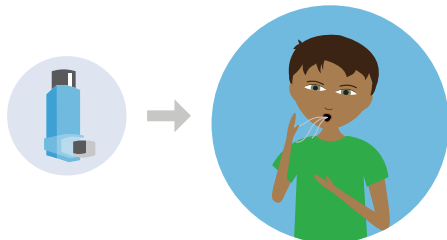
## Reason for taking this medicine:

- To give you fast relief from asthma symptoms of **coughing, wheezing or shortness of breath**.
- This medicine works by opening the airways. It usually works within 15 minutes.
- If you are in the **yellow, orange, or red zones** of your asthma action plan, use this medicine.
- Your doctor may also tell you to use this medicine 15 to 30 minutes before exercising.

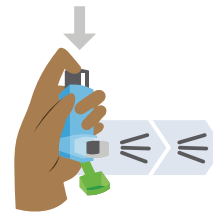


## How and when to take this medicine:

- Use the prescribed number of puffs for **coughing, wheezing, or shortness of breath**.
- Use a spacer and mask with this inhaler.
- You will use 1–2 puffs as needed for asthma symptoms.
- Do not use more than 12 puffs per day.



1



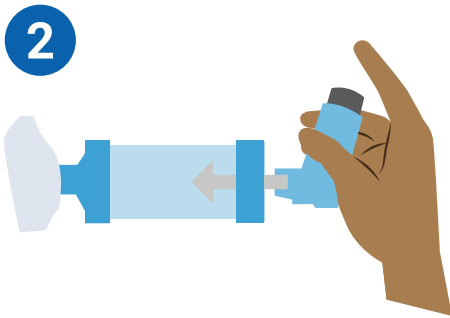
The **first time** you use this inhaler:

- Shake and then push down on the inhaler 2 times to prime or waste the inhaler.
- Spray the medicine into the air.
- The dose counter should show “120.”
- Now it is ready to use (primed).

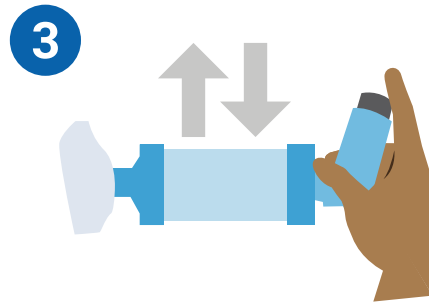


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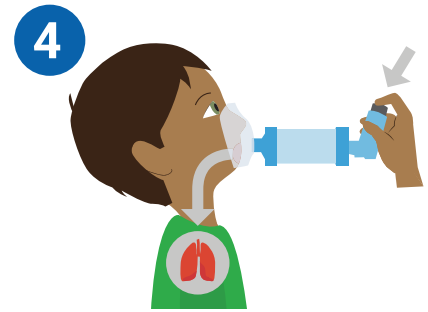
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Place the **inhaler** in the end of the spacer.

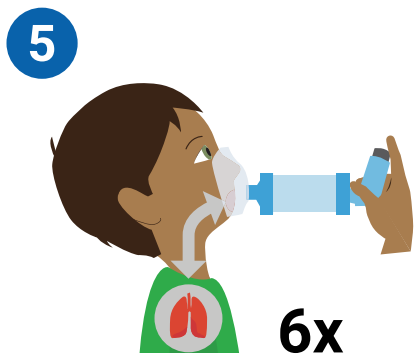


Shake well for 10 seconds.



Place mask tightly over the nose and mouth.

- Push down on the inhaler.
- Take slow, deep breaths.



Breathe in and out 6 times.

- If the spacer has a nose valve (flap), you will see it move with each breath.



Wait 1 minute.



Repeat steps 3–5 if you use 2 puffs.

### Possible side effects:



- Dry mouth
- Sore throat
- Hoarse voice
- Headache
- Fast heartbeat
- Can make you hyper or cause your body to shake.

### Call the doctor or clinic if:

- **You need to use more than 8–12 puffs in a day for your symptoms.**
- You need to use your inhaler many times a week for relief of symptoms.
- This medicine doesn't help your coughing, wheezing, or shortness of breath.
- You are exposed to chickenpox or measles.
- You can see blood when you spit.
- You have white spots in the mouth, called thrush.
- You have questions about this medicine or how to use it.



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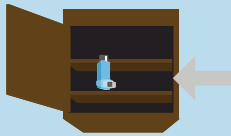
## Important things to remember:

- If you haven't used this inhaler in 2 weeks, prime with 1 to 2 puffs before using.
- Never put the metal canister in water.
- Clean plastic holder each week:
  - Symbicort® has a built-in dose counter; do not remove the metal canister.
  - Use a cotton swab to clean the opening where the medicine sprays out of the canister.
- Clean the spacer and mask each week:
  - You may place this in the top rack of a dishwasher.

OR

- Soak in warm soapy water for 15 minutes.
- Run water through it, shake off water, and set out to dry.
- Symbicort® has a dose counter to tell you when the inhaler is empty.
- **Refill your inhaler when the dose counter shows "20."**
- **Throw the inhaler away 3 months after taking it out of the foil pouch, even if you have not used it all.**

## How to store:



- Store in a cool dry cabinet.
- Do not store in bathroom.
- **Keep out of reach of children and pets.**



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