

My Symbicort[®] SMART Asthma Action Plan

Symbicort Maintenance And Reliever Therapy

NAME: _____

DATE: _____

MY USUAL **BEST** PEAK FLOW READING IS:

_____ L/min

GP: _____

GP PHONE: _____

CONTROLLED ASTHMA

■ MY SYMBICORT TURBOHALER[®] ASTHMA TREATMENT IS:

Symbicort Turbohaler (your dose) _____

■ MY REGULAR MAINTENANCE TREATMENT EVERY DAY IS:

_____ inhalation(s) in the morning and

_____ inhalation(s) in the evening



■ MY RELIEVER TREATMENT IS:

1 additional inhalation of Symbicort Turbohaler when needed for relief of my asthma symptoms

I should always carry my Symbicort Turbohaler with me to use as a reliever when needed

■ MY ASTHMA IS STABLE IF (DELETE AS APPROPRIATE):

- I have had no difficulty sleeping because of my asthma symptoms (including cough)
- I have not had my usual asthma symptoms during the day (cough, wheeze, chest tightness or breathlessness)
- My asthma has not interfered with my usual activities (e.g. housework, work/school etc.)
- My peak flow reading is above _____ L/min (85% of my best)

INCREASING ASTHMA SYMPTOMS

■ IF OVER A PERIOD OF 2-3 DAYS:

- My asthma symptoms are getting worse
- OR**
- I am using more than 8 Symbicort Turbohaler inhalations a day

I SHOULD:

- Continue to use Symbicort Turbohaler every morning and evening PLUS additional inhalations when needed to relieve symptoms
- AND**
- Measure my peak flow

■ IF MY PEAK FLOW IS BELOW _____ L/min (70% OF MY BEST) I SHOULD (DELETE AS APPROPRIATE):

- Start a course of prednisolone tablets
- Contact my doctor

OTHER INSTRUCTIONS:

■ IF I NEED MORE THAN 12 SYMBICORT TURBOHALER INHALATIONS IN A SINGLE DAY:

I must see my doctor or seek urgent medical attention

ASTHMA EMERGENCY

■ SIGNS OF AN ASTHMA EMERGENCY:

- My symptoms are getting worse quickly (cough, breathless, wheeze, tight chest) and Symbicort Turbohaler reliever inhalations are not relieving my symptoms (i.e. I do not feel better within 5 minutes of taking it)
- I have extreme difficulty breathing or speaking
- My peak flow is below _____ L/min (50% of my best)

I SHOULD SEEK MEDICAL ADVICE IMMEDIATELY BY CALLING MY DOCTOR, OR AN AMBULANCE OR GO DIRECTLY TO HOSPITAL

■ IN AN EMERGENCY, THIS IS WHAT I SHOULD DO:

- Sit upright and stay calm
- Take 1 inhalation of Symbicort Turbohaler. Wait 1–3 minutes. If there is no improvement in symptoms take another inhalation of Symbicort Turbohaler (up to a maximum of 6 inhalations)
- Even if my symptoms improve, I should see my doctor immediately after a serious asthma attack

OTHER INSTRUCTIONS:

FREQUENTLY ASKED QUESTIONS

WHAT IS SYMBICORT® MAINTENANCE AND RELIEVER THERAPY (SMART)?

Symbicort Maintenance And Reliever Therapy is a way of using your Symbicort Turbohaler to help manage your asthma.

Symbicort Turbohaler is used BOTH for regular daily maintenance treatment AND as needed for relief of your symptoms. A separate rescue (blue) inhaler is not necessary*

WHY IS THIS WAY OF TREATING MY ASTHMA DIFFERENT?

Symbicort Maintenance And Reliever Therapy relieves your symptoms, whilst treating the underlying problem in asthma (inflammation). Because of this, you only need one inhaler to work as both a maintenance and 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 DO I USE IT?

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 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 reliever (blue) inhaler.
 - If your symptoms do not improve after 5 minutes, take 1 more inhalation of Symbicort Turbohaler

You should take no more than 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 or nurse as soon as possible.

HOW DO I KNOW WHEN I NEED A NEW SYMBICORT TURBOHALER?

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.

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. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.



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