

My Symbicort® (budesonide/ formoterol) Turbohaler® Maintenance And Reliever Therapy (MART) Asthma Action Plan

This leaflet is for patients with asthma prescribed
Symbicort® Turbohaler® MART (100/6 and 200/6
strengths only)

NAME: _____

DATE: _____

MY USUAL BEST PEAK FLOW READING IS:

_____ L/min

GP: _____

GP PHONE: _____

CONTROLLED ASTHMA

■ MY MART ASTHMA TREATMENT IS SYMBICORT® TURBOHALER®.^{1,2}

- My Symbicort® Turbohaler® strength is:



Use your Symbicort® Turbohaler® every day.

This helps to prevent asthma symptoms from happening.

■ FOR MY REGULAR DAILY MAINTENANCE THERAPY DOSE, I TAKE:^{1,2}

_____ Inhalation(s) in the morning

And

_____ Inhalation(s) in the evening

Your doctor may increase this to
2 inhalations twice a day if you
have been prescribed
Symbicort® Turbohaler® 200/6.²

■ FOR MY RELIEVER THERAPY DOSE:^{1,2}

- **I take 1 additional inhalation when needed to relieve my asthma symptoms.**
- If after a few minutes I do not feel better, I should take another inhalation.

■ Do not take more than 6 inhalations at a single time.

*Always keep your Symbicort® Turbohaler® with you,
so you can use it as your reliever inhaler when you need it.*

■ MY ASTHMA IS WELL CONTROLLED IF:³

- 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 .

INCREASING ASTHMA SYMPTOMS

■ I NEED TO CONTACT MY DOCTOR, NURSE, PHARMACIST OR OTHER HEALTHCARE PROFESSIONAL IF OVER A PERIOD OF 2-3 DAYS:^{1,2}

- My asthma symptoms are getting worse (cough, wheeze, chest tightness or breathlessness);

OR

- My peak flow is below _____ L/min ;

OR

- I regularly need to use 8 or more inhalations a day.

■ Continue to use Symbicort® Turbohaler® every day as prescribed PLUS additional inhalations when needed to relieve symptoms up to 12 inhalations in any single day.

■ Do not use more than 12 inhalations in total in 24 hours.

■ A total daily dose of more than 8 inhalations is not normally needed. However, your doctor may allow you to take up to 12 inhalations a day for a limited period.

OTHER INSTRUCTIONS:

**Seek urgent medical advice if Symbicort® Turbohaler®
does not relieve your asthma symptoms or if your asthma
symptoms worsen despite treatment with Symbicort®.**

ASTHMA ATTACK

■ SIGNS OF AN ASTHMA ATTACK:⁴

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

**IF I HAVE ANY OF THE ABOVE DANGER SIGNS AND I
DON'T FEEL BETTER, OR FEEL WORSE AT ANY POINT
I SHOULD CALL 999 FOR AN AMBULANCE.⁴**

■ IN AN ASTHMA ATTACK, I SHOULD:⁴

1. Sit upright and stay calm
2. Loosen tight clothing
3. **Take 1 inhalation of my Symbicort® Turbohaler®.**
4. Wait a few minutes. If there is no improvement in symptoms take another inhalation (up to a maximum of 6 inhalations).
5. **If I feel worse at any point, or I do not feel better after 6 puffs, or I do not have my Symbicort® Turbohaler® inhaler with me, I will call 999 for an ambulance.**
6. Even if my symptoms improve, I should get an urgent same-day appointment to see my GP or asthma nurse.

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. Always have Symbicort® available for rescue use. A separate rescue (blue) inhaler is not always necessary.

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

WHY IS THIS WAY OF TREATING MY ASTHMA DIFFERENT?

Symbicort® Maintenance And Reliever Therapy helps relieve your symptoms, whilst treating the underlying problem in asthma (inflammation). Because of this, you will use one inhaler that work as both a maintenance and reliever.

If you are taking another reliever inhaler, you should mention this to your doctor, as you may need to continue to do so.

THIS SHORT VIDEO PROVIDES INFORMATION ABOUT YOUR SYMBICORT® TURBOHALER® MART THERAPY AND IT IS AVAILABLE IN 9 LANGUAGES:



To watch the video,
you can scan the QR code
with your mobile or visit:
<https://www.myazmed.co.uk/>

English
नेपाली(Nepalese)
বাংলা (Bengali)
Polski (Polish)
हिंदी (Hindi)
اردو (Urdu)
ਪੰਜਾਬੀ (Punjabi)
ગુજરાતી (Gujarati)
Soomaali (Somali)

HOW DO I USE IT?

Your doctor, nurse, pharmacist or other healthcare professional will have given you full instructions on how to use Symbicort® Turbohaler® Maintenance And Reliever Therapy (MART) (100/6 and 200/6 strengths only) every day to prevent asthma symptoms and when required for the relief of asthma symptoms, to make it easier to breathe again.^{1,2}

You do not need a separate reliever inhaler and, if agreed with your doctor, you can also take Symbicort® Turbohaler® to prevent asthma symptoms from happening. For example, when exercising or on exposure to allergens.^{1,2}

Here are some things to remember:

- Take 1 inhalation in the morning **and** 1 inhalation in the evening

or

- 2 inhalations in the morning

or

- 2 inhalations in the evening

Your doctor may increase this to 2 inhalations twice a day if you have been prescribed Symbicort® Turbohaler® (200/6).²

Also use Symbicort® Turbohaler® as your reliever inhaler to treat asthma symptoms when they happen:

- If you get asthma symptoms, take 1 inhalation and wait a few minutes.
- If you do not feel better, take another inhalation.
- Do not take more than 6 inhalations at a single time.

Always keep your Symbicort® Turbohaler® with you, so you can use it as your reliever inhaler when you need it.

- Seek urgent medical advice if Symbicort® Turbohaler® does not relieve your asthma symptoms or if your asthma symptoms worsen despite treatment with Symbicort®.
- A total daily dose of more than 8 inhalations is not normally needed.
- However, your doctor may allow you to take up to 12 inhalations a day for a limited period.
- If you regularly need to use 8 or more inhalations a day, make an appointment to see your doctor or nurse as soon as possible. They may need to change your treatment.
- Do not use more than 12 inhalations in total in 24 hours.

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: <https://yellowcard.mhra.gov.uk/>. By reporting side effects you can help provide more information on the safety of this medicine.

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®. Even when empty, the inhaler will make a sound when shaken.

REFERENCES:

1. Symbicort Turbohaler 100/6 Inhalation powder. Patient information leaflet. Available at: <https://www.medicines.org.uk/emc/product/1326/pil#about-medicine>. Accessed April 2024
2. Symbicort® Turbohaler® 200/6 Inhalation powder. Patient information leaflet. Available at: <https://www.medicines.org.uk/emc/product/1327/pil>. Accessed April 2024.
3. Global Initiative for Asthma (GINA). Global Strategy for Asthma Management and Prevention. 2023. Available at: <https://ginasthma.org/gina-reports/>. Accessed April 2024.
4. NHS. Asthma attacks. Available at: <https://www.nhs.uk/conditions/asthma/asthma-attack/>. Accessed April 2024.

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