

Symbicort® (Budesonide and Formoterol with spacer)

Metered dose inhaler



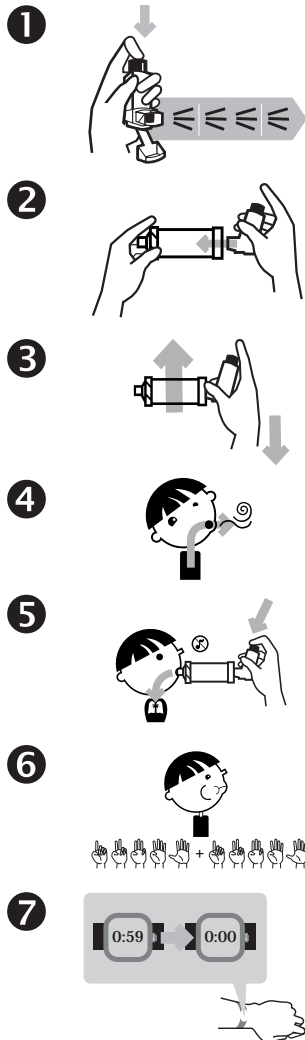
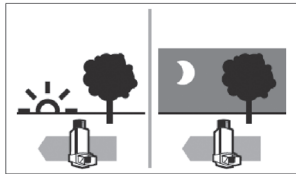
☐ 80/4.5 mcg

☐ 160/4.5 mcg

Reason for taking this medicine:

- To help reduce and prevent swelling in the lungs.
- This is a controller medicine and will not help if you are coughing, wheezing, or have shortness of breath.
- This is a medicine that must be used every day.

How and when to take this medicine:



- Use a spacer with this inhaler.
 - Use 2 times each day – 2 puffs in the morning and 2 puffs in the evening
1. The **first time** you use this inhaler:
 - Shake and then push down on the inhaler 4 times to prime or waste the inhaler.
 - Spray the medicine into the air.
 - Dose counter should show: “120.”
 2. Place the **inhaler** in the end of spacer.
 3. Shake well for 10 seconds.
 - Turn your head to the side and breathe out.
 4. Close your mouth around the mouthpiece of the spacer.
 - Push down on the inhaler.
 - Take a slow deep breath.
 - If the spacer makes a whistle sound, breathe in slower.
 5. Hold your breath for 10 seconds.
 6. Wait 1 minute.
 - Repeat steps 3–6 for second puff.

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 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.

Important things to remember:



Fill mouth with water



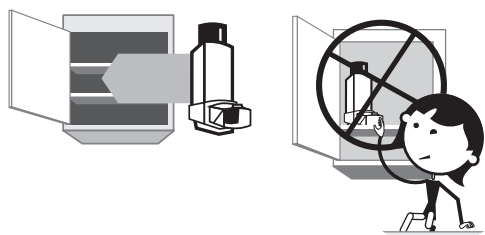
Swish around water



Spit out water

- Rinse your mouth out with water, brush teeth, or get a drink after every use. This can help avoid getting thrush.
- If you suddenly have trouble breathing, use your rescue inhaler, albuterol.
- Symbicort® may take a few weeks before it starts to work.
 - Use this medicine until your doctor tells you to stop.
- Never put metal canister in water.
- Clean plastic holder each week:
 - Symbicort® has a built-in counter; do not remove the metal canister. Use a cotton swab to clean the opening where the medicine sprays out of the canister.
- Clean spacer each week:
 - Soak in warm soapy water for 15 minutes.
 - Run water through it, shake off water, 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 “020.”
- 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.