

# QUICK GUIDE TO USING YOUR SYMBICORT INHALER



## YOUR SYMBICORT INHALER

Before using SYMBICORT, read the full instructions in the Medication Guide that comes with your prescription. You can use this quick reference guide as a brief reminder. If you have any questions, ask your doctor or pharmacist.

## PREPARING YOUR SYMBICORT INHALER

Take your SYMBICORT inhaler out of the foil pouch.

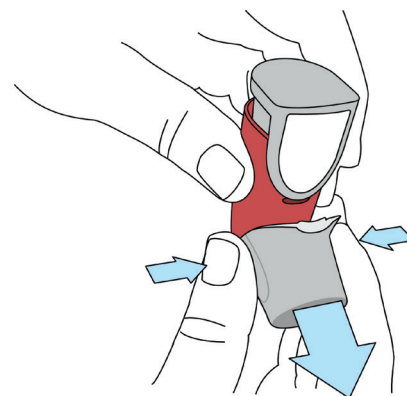
If using it for the first time, or if you haven't used it in more than 7 days, shake your SYMBICORT inhaler well for 5 seconds, then release a test spray.

Shake it again for 5 seconds and release a second test spray.

## QUICK GUIDE

1. Shake your inhaler well for 5 seconds.
2. Remove the mouthpiece cover by squeezing gently at both sides, then pulling out, as seen here. Check the mouthpiece for foreign objects.
3. Breathe out fully, then place the mouthpiece into your mouth and close your lips around it. Make sure that the inhaler is upright and that the opening of the mouthpiece is pointing towards the back of your throat. Inhale deeply and slowly while pressing down firmly on the top of the counter on the inhaler.
4. Continue to breathe in and hold your breath for about 10 seconds, or for as long as comfortable. Before you breathe out, release your finger from the top of the counter. Keep the inhaler upright and remove from your mouth.

For your second puff, shake the SYMBICORT inhaler again for 5 seconds and repeat steps 3 and 4.



## AFTER USING THE SYMBICORT INHALER

After use, close the mouthpiece cover by pushing until it clicks in place. After you finish taking SYMBICORT (two puffs), rinse your mouth with water. Spit out the water. Do not swallow it.

## REMEMBER

Use SYMBICORT twice a day, morning and evening. While taking SYMBICORT, never use another medicine that contains a LABA. SYMBICORT is not, and will not replace, a rescue inhaler for sudden symptoms. Contact your doctor if your asthma does not improve or gets worse. If you have any questions about using your inhaler, contact your health care professional.



Asthma Patients Taking SYMBICORT: TO SEE A VIDEO ON HOW TO USE YOUR INHALER, GO TO [SYMBICORTASTHMA.COM](http://SYMBICORTASTHMA.COM)

COPD Patients taking SYMBICORT: TO SEE A VIDEO ON HOW TO USE YOUR INHALER, GO TO [SYMBICORTCOPD.COM](http://SYMBICORTCOPD.COM)

PLEASE READ FULL INSTRUCTIONS IN THE MEDICATION GUIDE, PROVIDED WITH THE ACCOMPANYING PRESCRIBING INFORMATION, BEFORE USING.

**PLEASE SEE IMPORTANT INFORMATION ABOUT SYMBICORT ON THE REVERSE SIDE AND THE ACCOMPANYING PRESCRIBING INFORMATION AND MEDICATION GUIDE.**

**Symbicort**<sup>®</sup>  
(budesonide/formoterol fumarate dihydrate)  
Inhalation Aerosol

# QUICK GUIDE TO USING YOUR SYMBICORT INHALER

Each time you release a puff from the inhaler, the counter will count down by one. Please note: The arrow does not noticeably reflect each actuation.

## READING THE ACTUATION COUNTER

The actuation counter on top of the inhaler will monitor the amount of medication remaining and help you know when to refill your prescription. The arrow points to the number of inhalations, or puffs, remaining. After you have primed the inhaler for the first time, the counter will read 120 for a filled prescription or 60 for an institutional or sample pack.

When the arrow approaches 20, you will notice the beginning of the yellow zone, indicating that it is time to call your health care provider for a refill. Discard the inhaler when the arrow points to the red zone and reads zero (0) or 3 months after you take SYMBICORT out of its foil pouch, whichever comes first. Your inhaler may not feel empty and may continue to operate, but you will not get the right amount of medicine if you keep using it.



## IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

### Important Safety Information About SYMBICORT

**SYMBICORT contains formoterol, a long-acting beta<sub>2</sub>-adrenergic agonist (LABA). LABA medicines such as formoterol increase the risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.**

- **Call your health care provider if breathing problems worsen over time while using SYMBICORT. You may need different treatment**
- **Get emergency medical care if:**
  - o Breathing problems worsen quickly, and
  - o You use your rescue inhaler medicine, but it does not relieve your breathing problems

**SYMBICORT should be used only if your health care provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT.**

If you are taking SYMBICORT, see your health care provider if your asthma does not improve or gets worse. It is important that your health care provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

SYMBICORT does not replace rescue inhalers for sudden symptoms.

Be sure to tell your health care provider about all your health conditions, including heart conditions or high blood pressure, and all medicines you may be taking. Some patients taking SYMBICORT may experience increased blood pressure, heart rate, or change in heart rhythm.

Do not use SYMBICORT more often than prescribed. While taking SYMBICORT, never use another medicine containing a LABA for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines.

SYMBICORT can cause serious side effects, including:

- **Pneumonia and other lower respiratory tract infections.** People with COPD may have a higher chance of pneumonia. Call your doctor if you notice any of the following symptoms: change in amount or color of mucus, fever, chills, increased cough, or increased breathing problems
- **Serious allergic reactions** including rash, hives, swelling of the face, mouth and tongue, and breathing problems
- **Immune system effect and a higher chance of infection.** Tell your health care provider if you think you are exposed to infections such as chicken pox or measles, or if you

have any signs of infection such as fever, pain, body aches, chills, feeling tired, nausea, or vomiting

- **Adrenal insufficiency.** This can happen when you stop taking oral corticosteroid medicines and start inhaled corticosteroid medicine
- **Using too much of a LABA medicine** may cause chest pain, increase in blood pressure, fast and irregular heartbeat, headache, tremor, or nervousness
- **Increased wheezing** right after taking SYMBICORT. Always have a rescue inhaler with you to treat sudden wheezing
- **Eye problems including glaucoma and cataracts.** You should have regular eye exams while using SYMBICORT
- **Lower bone mineral density** can happen in people who have a high chance for low bone mineral density (osteoporosis)
- **Slowed growth in children.** A child's growth should be checked regularly while using SYMBICORT
- **Swelling of blood vessels** (signs include a feeling of pins and needles or numbness of arms or legs, flu like symptoms, rash, pain or swelling of the sinuses), decrease in blood potassium and increase in blood sugar levels

Common side effects in **patients with asthma** include nose and throat irritation, headache, upper respiratory tract infection, sore throat, sinusitis, stomach discomfort, flu, back pain, nasal congestion, vomiting, and thrush in the mouth and throat.

Common side effects in **patients with COPD** include inflammation of the nasal passages and throat, thrush in the mouth and throat, bronchitis, sinusitis, and upper respiratory tract infection.

### Approved Uses for SYMBICORT

SYMBICORT 80/4.5 and 160/4.5 are medicines for the treatment of asthma for people 12 years and older whose doctor has determined that their asthma is not well controlled with a long-term asthma control medicine such as an inhaled corticosteroid or whose asthma is severe enough to begin treatment with SYMBICORT. SYMBICORT is not a treatment for sudden asthma symptoms.

SYMBICORT 160/4.5 is for adults with COPD, including chronic bronchitis and emphysema. You should only take 2 inhalations of SYMBICORT twice a day. Higher doses will not provide additional benefits.

**Please see full Prescribing Information and Medication Guide and discuss with your doctor.**

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.**