QUICK GUIDE TO USING YOUR SYMBICORT INHALER

YOUR SYMBICORT INHALER

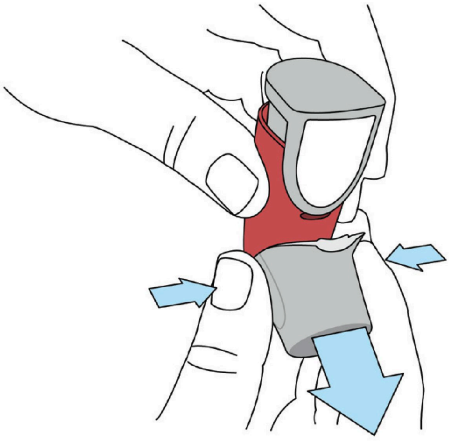
Before using SYMBICORT, read the full instructions in the patient information that comes with your prescription. You can use this quick reference guide as a brief reminder. If you have any questions, ask your doctor or pharmacist.

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 toward 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.

BEFORE USING, PLEASE READ FULL DETAILS IN THE PATIENT INFORMATION AND INSTRUCTIONS FOR USE OR VISIT www.mysymbicort.com.

PLEASE SEE IMPORTANT SAFETY INFORMATION ABOUT SYMBICORT ON THE REVERSE SIDE AND THE FULL PRESCRIBING INFORMATION AND PATIENT INFORMATION.

Symbicort®
(budesonide/formoterol fumarate dihydrate) Inhalation Aerosol

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QUICK GUIDE TO USING YOUR SYMBICORT INHALER (CONT'D)

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 SAFETY INFORMATION ABOUT SYMBICORT

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

- SYMBICORT combines an ICS, budesonide and a LABA medicine, formoterol. LABA medicines, such as formoterol, when used alone can increase the risk of hospitalizations and death from asthma problems. When an ICS and LABA are used together, this risk is not significantly increased
- **Do not use SYMBICORT** for sudden severe symptoms of COPD or asthma
- **Before you use SYMBICORT, tell your healthcare provider about all of your medical conditions,** including if you have heart conditions or high blood pressure, and all the 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.** SYMBICORT should be taken as 2 puffs 2 times each day
- **While taking SYMBICORT, do not use another medicine containing a LABA for any reason.** Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines
- **Call your healthcare provider or get medical care right away if:**
  - Your breathing problems worsen
  - You need to use your rescue inhaler more often than usual or your rescue inhaler doesn't work as well at relieving symptoms
- **SYMBICORT may cause serious side effects, including:**
  - **Using too much of a LABA medicine may cause** chest pain, fast and irregular heartbeat, tremor, increased blood pressure, headache or nervousness
  - **Fungal infection in your mouth or throat (thrush).** Rinse your mouth with water without swallowing after using SYMBICORT to help reduce your chance of getting thrush
  - **Pneumonia and other lower respiratory tract infections.** People with COPD may have a higher chance of pneumonia and other lung infections. ICS may increase the chance of getting pneumonia. Call your healthcare provider if you notice any of the following symptoms: increase in mucus production or change in color, fever, increased cough, chills, or increased breathing problems
  - **Immune system effects and a higher chance for infections.** Tell your healthcare provider about any signs of infection such as: fever, body aches, feeling tired, vomiting, pain, chills, or nausea
  - **Adrenal insufficiency.** This can happen when you stop taking oral corticosteroid medicines and start inhaled corticosteroid medicine
  - **Increased wheezing right after taking SYMBICORT.** Always have a rescue inhaler with you to treat sudden wheezing
  - **Serious allergic reactions including rash, hives, swelling of the face, mouth, and tongue, and breathing problems.** Call your healthcare provider or get emergency medical care if you get any symptoms of a serious allergic reaction
  - **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
  - **Eye problems including glaucoma and cataracts.** You should have regular eye exams while using SYMBICORT
  - **Swelling of blood vessels.** This can happen in people with asthma. Tell your healthcare provider right away if you have: a feeling of pins and needles or numbness of arms or legs, rash, flu like symptoms, or pain and swelling of the sinuses
  - **Decreases in blood potassium levels (hypokalemia)**
  - **Increases in blood sugar levels (hyperglycemia)**
- **The most common side effects of SYMBICORT include:**
  - **COPD:** throat irritation, thrush in the mouth and throat, bronchitis, sinusitis, and upper respiratory tract infection
  - **Asthma:** throat irritation, headache, upper respiratory tract infection, throat pain, sinusitis, flu, back pain, nasal congestion, stomach discomfort, vomiting, and thrush in the mouth and throat

Approved Uses

COPD: SYMBICORT 160/4.5 mcg is used long-term to improve symptoms of chronic obstructive pulmonary disease (COPD), including chronic bronchitis and emphysema, for better breathing and fewer flare-ups.

Asthma: SYMBICORT is for the treatment of asthma in patients 6 years and older whose asthma is not well-controlled with an asthma-control medicine such as an inhaled corticosteroid (ICS) or whose asthma warrants treatment with both an ICS and a long-acting beta$_2$-adrenergic agonist (LABA).

SYMBICORT is not used to relieve sudden breathing problems and will not replace a rescue inhaler.

Please see full Prescribing Information and Patient Information, and discuss with your doctor.

You may *report side effects related to AstraZeneca products*.

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