

# My Symbicort® Asthma Action Plan

Symbicort® Maintenance And Reliever Therapy

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Usual best PEF: \_\_\_\_\_ L/min

GP: \_\_\_\_\_

GP phone: \_\_\_\_\_

## Normal mode

### ■ MY SYMBICORT ASTHMA TREATMENT IS:

- Symbicort 100/6 µg OR
- Symbicort 200/6 µg

### ■ MY REGULAR TREATMENT EVERY DAY:

Take  inhalation(s) in the morning  
and  inhalation(s) in the evening, every day

### ■ RELIEVER:

**Use Symbicort 1 inhalation whenever needed for relief of my asthma symptoms**

**I should always carry my Symbicort Turbuhaler**

### ■ MY ASTHMA IS STABLE IF:

- I can take part in normal physical activity without asthma symptoms
- AND
- I do not wake up at night or in the morning because of asthma

### OTHER INSTRUCTIONS:

\_\_\_\_\_  
\_\_\_\_\_

## Asthma flare-up

### ■ IF OVER A PERIOD OF 2–3 DAYS:

- My asthma symptoms are getting worse OR not improving **OR**
- I am using more than 6 Symbicort reliever inhalations a day,

#### I should:

- Continue to use my regular everyday treatment PLUS 1 inhalation Symbicort whenever needed to relieve symptoms
- Start a course of prednisolone
- Contact my doctor

### COURSE OF PREDNISOLONE TABLETS:

Take 2 x 25 mg or  mg prednisolone tablets per day for  days OR

\_\_\_\_\_  
\_\_\_\_\_

### ■ IF I NEED MORE THAN 12 SYMBICORT INHALATIONS (TOTAL) IN ANY DAY,

**I must see my doctor or go to hospital the same day**

## Asthma emergency

### ■ SIGNS OF AN ASTHMA EMERGENCY:

- Symptoms getting worse quickly
- Extreme difficulty breathing or speaking
- Little or no improvement from Symbicort reliever inhalations.

**IF I HAVE ANY OF THE ABOVE DANGER SIGNS, I SHOULD DIAL 000 FOR AN AMBULANCE AND SAY I AM HAVING A SEVERE ASTHMA ATTACK.**

### ■ WHILE I AM WAITING FOR THE AMBULANCE START MY ASTHMA FIRST AID PLAN:

- Sit upright and stay calm
- Take 1 inhalation of Symbicort. Wait 1–3 minutes. If there is no improvement take another inhalation of Symbicort (up to a maximum of 6 inhalations).
- If only Ventolin® is available, take 4 puffs as often as needed until help arrives
- Start a course of prednisolone tablets (as directed) while waiting for the ambulance
- Even if my symptoms appear to settle quickly, I should see my doctor immediately after a serious asthma attack