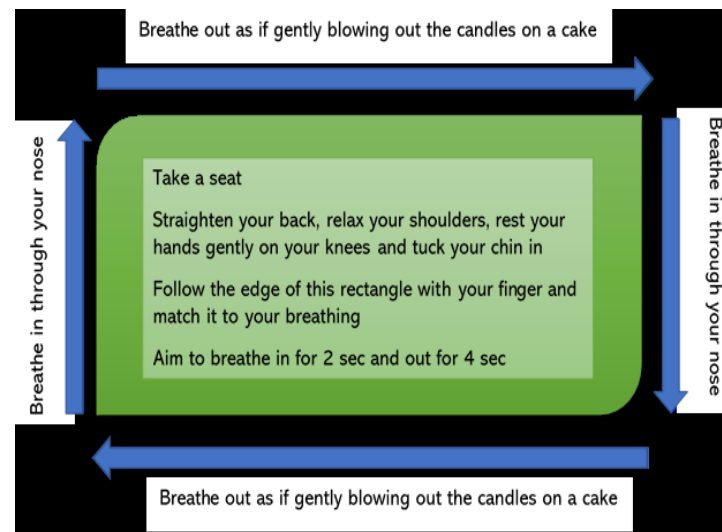
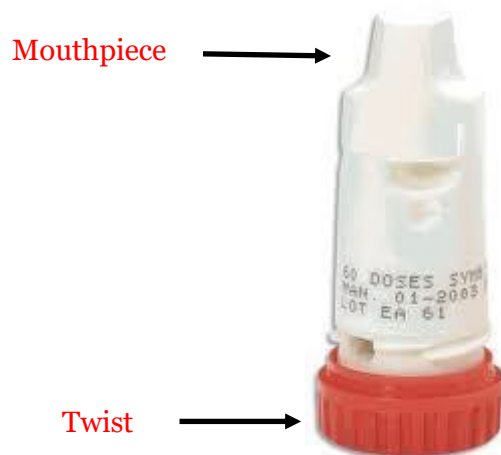


How to use your Symbicort Turbohaler

Turbohaler

1. Unscrew and lift off cover
2. Hold Turbohaler upright and twist backwards and forwards until you hear a click
3. Breathe out gently
4. Place mouthpiece gently between teeth and breathe in deeply
5. Hold breath for 10 seconds before slowly breathing out
6. Repeat steps 2 – 5 for further doses



Where can I get more information?

Please contact your GOSH Asthma nurse or your local asthma team for support and advice.

GOSH Asthma Nurse contact details:

Mobile: [077405545041](tel:077405545041)

Asthma UK

Asthma UK Advice line: 0800 121 62 44

www.asthma.org.uk or

www.kickasthma.org.uk

Healthy London Asthma Toolkit Partnership

Resources and information for parents and carers of children and young people with asthma in London.

<https://www.healthylondon.org/resource/london-asthma-toolkit/parents-and-carers/>

My SMART Asthma Plan

For Singular Inhaler Maintenance and Reliever Therapy

Name:

1 My usual asthma medicines

My SMART asthma treatment is:

Budesonide/formoterol 100/6
(Symbicort Turbohaler) – Red/white

Budesonide/formoterol 200/6
(Symbicort Turbohaler) – Red/white

I take ___ puff/s of my inhaler in the morning and ___ puff/s at night. I do this every day even if I feel well.

I can take one puff of my inhaler whenever needed for relief of my asthma symptoms as my reliever inhaler

I should always carry my Symbicort inhaler

Other asthma medicines I take every day:

My best peak flow is _____

2 My asthma is getting worse if...

I wheeze or cough, my chest hurts or it's hard to breathe, **or**

I am using more than **8 puffs** in total (including my regular doses) of Symbicort a day, **or**

My peak flow is less than _____, **or**

I'm waking up at night because of my

If my asthma gets worse, I will:

Take my Symbicort inhaler as normal

Plus take 1 puff of Symbicort whenever needed to relieve symptoms

See my doctor or nurse or go to hospital on the same day

URGENT! "If you need more than 12 puffs of Symbicort (total) in any day you are having an asthma attack and follow step 3 below"

3 I'm having an asthma attack if...

My Symbicort inhaler isn't helping **OR**

I can't talk, walk or eat easily **OR**

I'm finding it hard to breathe **OR**

I'm coughing or wheezing a lot, or my chest is tight/hurts **OR**

My peak flow is less than _____

If I have an asthma attack, I will:

Call 999 straight away.

Sit up and try to be calm.

While I wait for an ambulance, I can take 1 puff of Symbicort. Wait 1-3 minutes. If there is no improvement, I can take another puff of Symbicort (up to a maximum of 6 puffs on a single occasion) if I need to.

If salbutamol is available, I can take up to 1 to 2 puffs with a spacer as often as needed (up to 10 puffs every 15 minutes) until help arrives.

Even if I start to feel better, I don't want this to happen again, so I need to see my doctor or asthma nurse today.