

**RUH**

## Symbicort Turbohaler

Symbicort contains two medicines—budesonide and formoterol. Budesonide is a steroid and is used to help reduce inflammation. Formoterol helps relax the air passages in the lungs. Both ingredients in Symbicort work together to help keep the airways open and make it easier to breathe.



This leaflet gives only basic information. All inhalers come with a more detailed leaflet including information on how many doses your inhaler contains which you should also read. Replacements should be obtained through your GP.



## When to take your medication

Dose	Breakfast	Bedtime

## How to take your medication

1. Unscrew and remove the cover
2. Hold your Turbohaler upright with the red grip at the bottom.
3. Turn the red grip as far as it will go in any direction. Then turn it as far as it will go in the other direction (You should hear a click). Your Turbohaler is now ready to use
4. Hold your Turbohaler away from your mouth and breathe out gently into the air
5. Place the mouthpiece between your teeth. Close your lips and breathe in through your mouth as deeply and as hard as you can –hold your breath for ten seconds if you can
6. Remove your Turbohaler from your mouth. Then breathe normally.  
  
(If you have followed the instructions, you can be confident that you have inhaled the medication)
7. If you are prescribed two doses, repeat steps 2 to 6. Replace the cover after use.

8. Afterwards, rinse your mouth with water and spit it out. This may help to stop you getting thrush and being hoarse.

If you are having any problems with using your inhaler you can discuss this with your local pharmacist/chemist or make an appointment with your practice nurse/GP at the surgery.

<b>Name of patient</b>	
<b>Signature of health care professional assessing patient as competent in using inhaler</b>	
<b>Any comments or suggestions to improve technique</b>	
<b>Date</b>	