My Symbicort® Asthma Action Plan

Symbicort® Maintenance And Reliever Therapy

National Asthma Council Australia
leading the attack against asthma

Name: _____

Date: _____ GP: _____

Usual best PEF: _____ L/min 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