How to Use Your Symbicort Inhaler (budesonide/formoterol)

80mcg/4.5mcg, 160mcg/4.5 mcg

**What can I expect while I take this medication?**

*Symbicort* is an inhaled corticosteroid and long-acting beta-2 agonist that helps you breathe easier and improves lung function.

**How and when to prime your Symbicort:**

1. Prime inhaler if new or has not been used in 7 days.
2. Remove cap, shake inhaler for 5 seconds, spray it once away from you repeat for a total of 4 sprays.

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<th>What is my prescription?</th>
<th>Special Instructions</th>
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<td>• Take every day to control your symptoms.</td>
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<td>• Rinse mouth thoroughly with water and spit after each use.</td>
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COPD QI Steering Committee
How do I use my Symbicort Inhaler?
1. Remove Symbicort cap. Place middle or index finger on top of canister and thumb underneath the mouthpiece of the inhaler.
2. Shake inhaler for 5-10 seconds.
4. Put the mouthpiece in your mouth and close your lips around it. Do not block the mouthpiece with your teeth or tongue.
5. Push the top of the canister all the way down one time while breathing in deeply and slowly through your mouth.
6. Hold your breath for 5-10 seconds, and then breathe out.
7. If your physician has prescribed more than one dose (puff), wait 30 seconds and repeat above.
8. Rinse mouth thoroughly with water after taking medication to decrease the risk of a mouth infection. Spit out the water. Do not swallow it.

How to clean your Symbicort Inhaler:
Clean 1 time per week after your evening dose to prevent medicine from building up and blocking the spray
1. Remove the cap.
2. Use a clean, dry swab to clean the small circular opening where the medicine sprays out of the canister.
3. Wipe the inside of the mouthpiece with a clean tissue dampened with water.
4. Let dry overnight.
5. Put the cover back over the cap after it has dried.

How to use a Spacer: (If recommended for use with your inhaler)
1. Remove mouthpiece cap from your inhaler and shake inhaler for 5-10 seconds.
2. Attach inhaler to spacer and then remove mouthpiece cap from
3. Hold spacer with the inhaler canister upright.
5. Tilt head back slightly and put spacer to mouth and close lips around the mouthpiece (tongue and teeth should not block the mouthpiece opening).
6. Release medicine into spacer; squeeze down canister one time.
7. Breathe the medication slowly and steadily. Continue to breathe in deeply until lungs are full (do not breathe out).
8. Hold your breath for 5-10 seconds, and then breathe out. (Repeat as directed)

Do not use Symbicort to treat sudden symptoms of your health condition. Always carry a rescue inhaler with you.

- To learn more about your health condition visit: http://www.med.umich.edu/careguides.
- To learn more about the Symbicort inhaler visit: http://www.mysymbicort.com