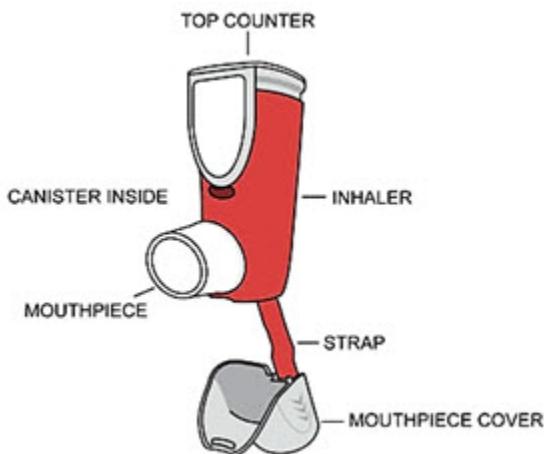


How to Use Your Symbicort Inhaler(budesonide/formoterol)

80mcg/4.5mcg, 160mcg/4.5 mcg



What is my prescription?	Special Instructions
	<ul style="list-style-type: none">• Take every day to control your symptoms.• Rinse mouth thoroughly with water and spit after each use.

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.

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.
3. Breathe out fully (in preparation to breathe in medication).
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

spacer.

3. Hold spacer with the inhaler canister upright.
4. Breathe out fully (in preparation to breathe in medication).
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>

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License](#). Last Revised 10/2017