

Symbicort HFA Inhaler

Medicines: Budesonide (byoo-DES-o-nide) and Formoterol (for-MOH-ter-ahl)

What it does

This inhaler contains two medicines that makes your breathing easier over time. They relax the muscles in your airway and decrease swelling and mucus.

Test spray (priming)

Shake inhaler and spray 2 times into the air (away from face) before first use. Also, do 2 test sprays if not used for 7 days or if inhaler has been dropped.

How to use this inhaler

1. Wash and dry your hands well.
2. Remove the mouthpiece cover by squeezing both sides of the cover and pulling out. Check for loose parts inside the mouthpiece.
3. Shake the inhaler well for 5 seconds.
4. Sit up straight or stand up.
5. Hold the inhaler so the mouthpiece is at the bottom and the canister points upward. Fully exhale (breathe out) through mouth.

6. Place the mouthpiece between your lips. Your tongue should be flat under the mouthpiece and should not block the opening.

7. Seal your lips around the mouthpiece.

8. Push the canister all the way down as you slowly take a deep breathe through your mouth over 5 seconds.

9. Hold your breath for 10 seconds. If you cannot hold your breath for 10 seconds, then hold it for as long as you can.

10. If you need another dose, wait 30 seconds.

11. Repeat steps 3 to 10 until you have taken the full dose.

12. Rinse your mouth after the last puff of medicine or brush your teeth and spit the water out. Do not swallow.

13. Replace the cover after each use. Store in a cool, dry place.



Cleaning

Clean at least 1 time each week. Clean mouthpiece and sprayer inside with a clean, dry cloth. Do not get inhaler wet or try to take it apart.

How to tell if the inhaler is empty

When the arrow on the dose counter reaches 20, you will see a yellow area. The yellow is a reminder to get a refill. The dose counter will read 0 (zero) when the inhaler is empty.

Throw the inhaler away 3 months from opening it or when the counter reads 0.

If you have questions about the use of your inhaler, please ask your pharmacist or provider.

For more information and video demos, go to fpanetwork.org/inhaler.