

Inhaled Corticosteroid Plus Long-Acting Bronchodilator Combinations

BRAND NAME	GENERIC NAME	DOSAGE FORM
Symbicort®	Budesonide plus Formoterol	Turbuhaler™ (dry powder inhaler)
Advair®	Fluticasone plus salmeterol	Metered-Dose Inhaler (MDI) Diskus dry powder inhaler

This is a “**preventer**” inhaler containing two medicines, which work in different ways to prevent symptoms and control your asthma. The inhaled corticosteroid (budesonide or fluticasone) helps reduce inflammation. The long acting bronchodilator (formoterol or salmeterol) helps prevent and relieve bronchospasm.

A combination inhaler **needs to be used every day** to prevent symptoms and maintain control of asthma. **It should not be taken more than twice daily.**

You should not reduce or stop any other medicine unless directed to do so by your health care provider. If you have difficulty breathing, tightness, wheezing, or coughing and need relief, use the “reliever” inhaler your doctor has prescribed for you.

Ask your doctor about providing you with a written Asthma Action Plan, which allows you to adjust your medication according to your symptoms and peak-flow measurements.

Side Effects:

Very occasionally some people feel a little shaky, or have a headache, or notice their heart is beating faster than usual just after using this inhaler. These effects usually disappear within 1 - 2 weeks of regular use. If these side-effects are very troublesome or do not disappear contact your doctor.

Cough, sore throat, and a hoarse voice are common side effects of inhaled corticosteroids. Thrush (a yeast infection that causes a white layer or spots on the tongue or throat) may also occur. To reduce the risk of thrush, **Rinse your mouth with water and spit out the water after inhaling this medicine. If you think you have developed thrush contact your doctor.**

Missed doses:

If you miss a dose and remember within 6 hours, take your missed dose as soon as possible, then go back to your regular schedule. If it is more than 6 hours when you remember, do not take the missed dose. Just take the next dose on time.