FAIRVIEW PHARMACY — EST. 1978

Taking Symbicort safely

budesonide / formoterol · metered-dose inhaler · asthma or COPD

3 MISTAKES TO AVOID

1. **Using it for sudden symptoms**
   Symbicort does not relieve sudden wheezing; carry a separate rescue inhaler.
2. **Skipping the shake**
   Shake it well for 5 seconds before every puff, then hold your breath about 10 seconds.
3. **Ignoring signs your breathing is worse**
   Call your doctor if your rescue inhaler is needed more, or stops working as well.

How to take it

- 2 puffs in the morning and 2 puffs in the evening, about 12 hours apart, every day.
- **Shake well for 5 seconds** right before every puff. Breathe out fully, then breathe in slowly and deeply while you press down.
- Hold your breath for about **10 seconds**, breathe out, then rinse your mouth with water and spit it out.
- Not for sudden symptoms. Always keep a separate rescue inhaler with you, even if you use Symbicort every day.

Missed a dose?

- Take your next dose at your regular time. Do not double up to make up for a missed dose.

Storing it safely

- Room temperature, mouthpiece down, away from heat and open flame (the canister is under pressure).
- Throw it away when the counter reads 0, or 3 months after you take it out of the foil pouch, whichever comes first.

Call your doctor right away if you notice

- Your breathing gets worse, or your rescue inhaler is needed more than usual
- Your rescue inhaler stops working as well, or your peak flow numbers drop
- Fever, more or different mucus, or new breathing trouble (possible pneumonia)
- Fever, body aches, or unusual tiredness (possible weaker immune system)

EMERGENCY: CALL 911
Face, mouth or tongue swelling, hives, or sudden trouble breathing: stop Symbicort and get medical help right away.

Good to know

Never use another long-acting bronchodilator inhaler with Symbicort. Tell your Fairview pharmacist about every medicine you take.

Questions? Ask Dr. Mike at fairviewpharm.com/medications

Leave a message: 601-640-4671 · 500 Katie Ave, Hattiesburg, MS

Medically reviewed by Dr. Mike Acheampong, Pharmacist, Fairview Pharmacy · October 2026

This handout is for education only and is not medical advice. Talk with your doctor or pharmacist about your medicines.
Source: FDA prescribing information and Patient Information for budesonide and formoterol (Symbicort), revised July 2019. SYMBICORT is a trademark of AstraZeneca.

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