SYMBICORT® (budesonide/formoterol) TURBUHALER® DOSING SUMMARY FOR PRESCRIBERS

Adolescents and Adults (12 years and over)

MILD ASTHMA

Anti-Inflammatory Reliever (PRN)
for the relief of asthma symptoms[1]

- **Turbuhaler® 200/6** (PRN)
  1 inhalation as required (PRN) for the relief of symptoms

No more than 6 inhalations on a single occasion
Maximum total daily dose of 12 inhalations*

MODERATE TO SEVERE ASTHMA

Anti-Inflammatory Reliever (PRN) + Maintenance

- **Turbuhaler® 100/6**
- **Turbuhaler® 200/6**
  Maintenance: 1 inhalation BD
  PRN: Plus 1 inhalation as required (PRN) for the relief of symptoms

No more than 6 inhalations on a single occasion
Maximum total daily dose of 12 inhalations*

COPD ≥40 YEARS

- **Turbuhaler® 200/6 dose**
  Daily Dose: 2 inhalations BD
- **Turbuhaler® 400/12 dose**
  Daily Dose: 1 inhalation BD

Paediatric Dosing (4-11 years)

Anti-Inflammatory Reliever (PRN) + Maintenance

- **Turbuhaler® 100/6**
  Maintenance: 1 inhalation OD
  PRN: Plus 1 inhalation as required (PRN) for the relief of symptoms

No more than 4 inhalations on a single occasion
Maximum total daily dose of 8 inhalations

Maintenance Therapy (Fixed Dose)†

- **Turbuhaler® 100/6**
  1-2 inhalations BD
  Maximum daily dose 4 inhalations
- **Turbuhaler® 200/6**
  1 inhalation BD
  Maximum daily dose 2 inhalations

† In addition, patients require a separate SABA (short acting beta agonist) for the relief of symptoms.

Note For Asthma Patients

A reassessment of asthma therapy should be considered in patients using an increasing number of SYMBICORT inhalations for symptom relief without achieving improved asthma control within 2 weeks.

The use of SYMBICORT TURBUHALER is not recommended in children under four years of age.

**Maximum daily dose can be used temporarily for asthma patients prescribed anti-inflammatory reliever (with or without maintenance treatment). If the patient experiences deteriorating symptoms after taking the appropriate maintenance therapy and additional as needed inhalations, the patient should be reassessed for alternative explanations of persisting symptoms.*
Note: Symbicort can also be used as a fixed dose for asthma with separate reliever in adolescent and adult patients. Refer to Data Sheet for full dosing details.

BEFORE PRESCRIBING PLEASE REVIEW FULL DATA SHEET AVAILABLE ON REQUEST FROM ASTRAZENECA ON (09) 306 5650 OR http://www.medsafe.govt.nz/

Symbicort® Turbuhaler® 100/6 (budesonide 100mcg and formoterol (eformoterol) fumarate dihydrate 6mcg per metered dose) **Formoterol (eformoterol) fumarate dihydrate is hereafter referred to as formoterol.* **Symbicort® Turbuhaler® 200/6** (budesonide 200mcg and formoterol 6mcg per metered dose) **Symbicort® Turbuhaler® 400/12** (budesonide 400mcg and formoterol 12mcg per metered dose). Symbicort 400/12 should not be used for the Symbicort anti-inflammatory reliever plus maintenance therapy regimen. **Indications: Symbicort Turbuhaler** ***Asthma:*** *is indicated in the treatment of asthma to achieve overall asthma control, including the prevention and relief of symptoms as well as the reduction of the risk of exacerbations. Symbicort Turbuhaler is suitable for any asthma severity, where the use of inhaled corticosteroids is appropriate. Different treatment approaches: Symbicort anti-inflammatory reliever therapy (patients with mild disease), Symbicort anti-inflammatory reliever plus maintenance therapy (formerly known as Symbicort maintenance and reliever therapy (SMART)) and as an alternative - Symbicort maintenance therapy (fixed dose).* **Symbicort Turbuhaler COPD**: Symbicort Turbuhaler is indicated in the regular treatment of adult patients with moderate to severe chronic obstructive pulmonary disease (COPD) [FEV1 ≤50% of predicted normal], with frequent symptoms despite beta-2-agonist use and a history of exacerbations. Symbicort should not be used for the initiation of bronchodilator therapy in COPD. **Dosage and Administration:** Please refer to the full Data Sheet for details on dosage. **Contraindications:** Hypersensitivity to budesonide, formoterol or to lactose. **Precautions and Interactions:** Symbicort should not be initiated as emergency treatment for severe exacerbations or for patients with acutely worsening asthma symptoms. Care required for HPA axis suppression, when co-administering with inhibitors of CYP3A4 (e.g. ketoconazole, beta-blockers) or in patients with tuberculosis, severe cardiovascular disorders, diabetes, untreated hypokalaemia or thyrotoxicosis, pregnancy and lactation. **Adverse Effects:** include headache, palpitations, tremor, oral candidiasis, mild throat irritation, coughing and hoarseness.

Date of first approval: 100/6 and 200/6: 2 August 2001, 400/12: 18 July 2002

Date of revision: 16 October 2018

Symbicort® Turbuhaler® is a fully funded Prescription Medicine, a prescription charge will apply, please refer to Pharmaceutical schedule.

** please note changes.*

Reference: 1. Symbicort® Turbuhaler® Data Sheet.

AstraZeneca

Symbicort®
budesonide/formoterol