

## USAGE INSTRUCTIONS

### How to use a combined budesonide/formoterol turbuhaler device:

1. Unscrew and remove the protective cover.
2. Hold the turbuhaler upright.
3. Twist the coloured grip as far as it will go in one direction and then back again until you hear a click.  
– Your turbuhaler is now loaded with a dose of medication.
4. Breathe out gently.
5. Place the mouthpiece between your lips:  
– Suck in deeply and forcefully through the Turbuhaler. You may not taste or feel the medication.  
– Remove the inhaler from your mouth and breathe out. Do not breathe back into the mouthpiece as you will make it damp inside.  
– If more than one dose is required, repeat the steps above.  
– When you are finished, place the cover back on the inhaler and twist shut.
6. Your turbuhaler has a dose indicator window just below the mouthpiece, when you see red in the window it is time to get a new turbuhaler.



### Caring for your turbuhaler:

1. Do not wash your turbuhaler as it will not work properly if it gets wet.
2. Wipe the mouthpiece with a dry tissue or cloth.

This asthma action plan is completed with your healthcare practitioner or nurse to help control your asthma. Your plan explains how to control your asthma long term, it helps to identify what to do when you are well, unwell or need help in an emergency.

If you have any questions about how to use this plan, discuss it with your healthcare practitioner or nurse.

### REMEMBER:

- Keep your action plan up to date
- Make sure your inhalers aren't empty or out of date
- Take your medications as prescribed
- Ensure you always carry your reliever
- Regularly check your inhaler technique with your healthcare practitioner, nurse or pharmacist

See your healthcare practice for an influenza vaccination every March.

Download **My Asthma** app for asthma information, first aid, and an electronic Asthma Action Plan! Available on Google Play or Apple App Store.

**FREE app**



# AIR

## Asthma Action Plan



Produced by the Asthma and Respiratory Foundation NZ

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This Asthma Action Plan belongs to:

**Better breathing, better living.**

Name \_\_\_\_\_

Healthcare  
practitioner

Date of plan \_\_\_\_\_

Healthcare  
practice phone

**Know your asthma symptoms...**

**Know when and how to take your medicine...**

FEELING GOOD

**Your asthma is under control when**

- You don't have asthma symptoms most days (wheeze, tight chest, a cough or feeling breathless)
- You have no cough or wheeze at night
- You can do all your usual activities and exercise freely
- Most days you do not need extra budesonide/formoterol inhalations

Your peak flow reading is above: \_\_\_\_\_

**Regularly scheduled**

budesonide/formoterol:

inhalation(s)  
every morning

inhalation(s)  
every night

**As needed**

budesonide/formoterol:

1 inhalation when you need it to  
relieve your asthma symptoms

Budesonide/formoterol is a 2-in-1 treatment used for both prevention and relief of symptoms. Carry this at all times. You do not need an extra inhaler as a reliever.

**Other medication**


SEVERE

**Your asthma is getting severe when**

- Your asthma symptoms are getting severe (wheeze, tight chest, a cough or feeling breathless)
- **OR** your budesonide/formoterol is only helping for 2-3 hours
- **OR** you are using more than 8 inhalations a day in total (regular + reliever use)
- **OR** you feel you need to see your healthcare practitioner

Your peak flow reading is below: \_\_\_\_\_

**Let's take action...**

- **You need to see your healthcare practitioner today**
- Continue any regular budesonide/formoterol PLUS 1 inhalation of your budesonide/formoterol when needed to relieve symptoms
- Start prednisone if you have it:

**Prednisone**

mg for days

and then

mg for days

**Other instructions:**


EMERGENCY

**It is an emergency when**

- Your symptoms are getting more severe quickly
- **OR** you are finding it hard to speak or breathe
- **OR** your budesonide/formoterol is not helping much
- **OR** you are using your budesonide/formoterol every 1-2 hours

Your peak flow reading is below: \_\_\_\_\_

**Let's keep calm...**

- **Dial 111 for ambulance**
- Keep using your budesonide/formoterol as often as needed
- Even if you seem to get better seek medical help right away
- If you haven't started taking your prednisone, start now

Best peak flow \_\_\_\_\_

Plan prepared by \_\_\_\_\_

Next review date \_\_\_\_\_

Signature \_\_\_\_\_