Te Whatu Ora
Health New Zealand
Waitaha Canterbury

BUDESONIDE AND FORMOTEROL

bew-dess-oh-nide and for-mot-er-ol

What does it do?

Budesonide and *formoterol* help to prevent symptoms of asthma and COPD. It is also used to relieve asthma symptoms for people using the AIR or SMART action plan. *Budesonide* is a steroid medicine that reduces the swelling of your airways and *formoterol* opens narrowed airways, making it easier to breathe.

Before you start

- Tell your doctor if you have osteoporosis (weak bones).
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you use it?

Inhale *budesonide* and *formoterol* as directed by your healthcare professional. Rinse your mouth after use.

Turbuhaler or Spiromax: Only twist the base of your inhaler or open the cover when you are ready to inhale the dose. If you do this more than once, you will only get one dose and the others will be lost.

If you need quick relief from asthma symptoms or breathing problems, use your 'reliever' medicine (e.g. salbutamol, terbutaline, ipratropium). If you have asthma and are using the AIR or SMART action plan, *budesonide* and *formoterol* is both your preventer and reliever medicine.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and inhale your next dose at the usual time. Otherwise, inhale the missed dose as soon as you remember.

Can you take other medicines?

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Symptoms of a fast or irregular heartbeat including: fluttering, pounding or pain in your chest, dizziness or fainting	Tell your doctor
Small white sores in mouth, furry tongue (oral thrush)	Tell your health professional
Dry mouth or throat, hoarse voice Shaking, muscle cramps	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- Do not stop using your inhaler without talking to your doctor first.
- Some people with asthma may get short of breath after taking certain pain-relieving medicines such as aspirin (e.g. Aspec®), diclofenac (e.g. Voltaren®) or ibuprofen (e.g. Nurofen®). Talk to your healthcare professional.
- Using inhalers can very rarely make breathing worse. Discuss this with your healthcare professional.
- Long-term use of *budesonide* may rarely cause effects such as: round face, change in body shape, change in hair growth, thin skin, weak bones, increased risk of infection, increased blood pressure, changes in vision, and diabetes – discuss with your healthcare professional.
- If you are using your *budesonide* and *formoterol* as your reliever, keep it handy at all times so you know where it is when you need it.