



# ADULT ASTHMA ACTION PLAN

(age 16 years and older using budesonide-formoterol)

Name: \_\_\_\_\_

Date: \_\_\_\_\_

This asthma action plan shows me **how** and **when** to increase the dose of my asthma medications.



## CONTROLLER AND RELIEVER

budesonide-formoterol,  
SYMBICORT TURBUHALER



**In an average week, I should only need additional reliever doses twice at most.**

If I usually need more than this,  
I will tell my healthcare provider.

It could be a sign that my asthma medications  
need to be adjusted.

**If I feel well, I will take:**



**1 puff twice a day,  
plus 1 to 2 puffs if needed  
for asthma symptoms.**

**Up to 8 puffs can be  
taken in one day.**




**But if my symptoms  
worsen, I will take:**



**4 puffs  
twice a day**

**...until I feel better (up to 2 weeks).**

**For example, I might be in the yellow zone if:**

-  I need doses for symptom relief more than usual, OR
-  I catch a cold, OR
-  I am exposed to something that tends to trigger my asthma, like forest fire smoke

**You should refill your inhaler at the pharmacy now, since you are using more doses of it. A rule of thumb is that increasing your inhaler for 1 week uses up 1 month of the doses inside.**

**I will urgently see a  
healthcare provider if:**

- I need more than 8 puffs of my inhaler per day, OR
- After 2 weeks I don't feel like my "normal self", OR
- I start to have difficulty sleeping because of my asthma, OR
- After 48 hours my symptoms are worse instead of better

**I will urgently call  
9-1-1 for an ambulance if:**

- My inhaler doesn't help, OR
- I am too breathless to speak, OR
- I am constantly short of breath

**This means I am having an asthma attack. I will take puffs from my inhaler as much as I need to until help arrives.**



Healthcare Provider Signature: \_\_\_\_\_ Patient Signature: \_\_\_\_\_

**Healthcare providers:** share this plan with the entire healthcare team (e.g. family physician, community pharmacy, etc.)

**Asthma Action Plans for other medications,** such as budesonide, ciclesonide, and mometasone are freely available at [rxfiles.ca/tools](https://rxfiles.ca/tools).

## Who is this action plan for?

This plan is for adults and adolescents on one the following controllers:<sup>1</sup>

- ☐ budesonide-formoterol at a **very low dose** (100mcg inhaler taken as 1 puff twice daily)
- ☐ budesonide-formoterol at a **low dose** (200mcg inhaler taken as 1 puff twice daily)

These doses can control around half of people with asthma.<sup>4</sup>

## What else can I do to help my asthma?

- I can stay up to date on my vaccinations.
  - Some vaccinations that are especially important for my lungs include COVID-19 vaccines, influenza vaccines, and pneumococcal vaccines.
- I can make sure I take my inhaler twice a day.
  - I will tell my healthcare provider if I often forget to take my inhaler.
- I can identify and avoid things that seem to trigger my asthma.

### CIRCLE MY TRIGGERS



- I can exercise regularly to keep my lungs strong.
  - If exercise makes my asthma worse, I should tell my healthcare provider. I may need my asthma medications adjusted.
- If I smoke, I can quit smoking to protect my lungs from damage.
  - When I am ready to quit smoking, I will let my healthcare provider know. They can help me make a plan.
- I can ask my pharmacist to double-check that my inhaler technique is perfect.
  - Some people find certain inhalers easier to use than others. I will talk to my healthcare provider if I want to ask about a different inhaler device.
  - Inhaler technique: <https://www.lungsask.ca/lung-diseases/inhalers/inhaler-videos>

## Who is this action plan NOT for?

- **NOT** for kids under the age of 16.<sup>2,4</sup>
- **NOT** for people on **high doses** of budesonide-formoterol (e.g. 800mcg twice daily).<sup>1,3</sup>
- **NOT** for people requiring **2 puffs** of budesonide-formoterol twice daily.

## What are some signs I may need my asthma medications adjusted?<sup>4</sup>



- I usually need doses for symptom relief more than twice a week.



- I have asthma symptoms overnight.
- I have difficulty exercising because of my asthma symptoms.



- I have to miss work or school because of my asthma.
- I have trouble using my inhalers or often forget to take them.



- I have to use my asthma action plan a few times a year.

### REFERENCES:

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3. McKeever T, Mortimer K, Wilson A, Walker S, Brightling C, Skeggs A, Pavord I, Price D, Duley L, Thomas M, Bradshaw L. Quadrupling inhaled glucocorticoid dose to abort asthma exacerbations. *New England Journal of Medicine*. 2018 Mar 8;378(10):902-10.
4. Yang CL, Hicks EA, Mitchell P, Reisman J, Podgers D, Hayward KM, Waite M, Ramsey CD. Canadian Thoracic Society 2021 Guideline update: Diagnosis and management of asthma in preschoolers, children and adults. *Canadian Journal of Respiratory, Critical Care, and Sleep Medicine*. 2021 Jun 30:1-4.