

# Corticosteroid and Bronchodilator Combination Inhalers

## Information for patients

Read this medication fact sheet to learn about:

- What this medication is
- Why you need to take it
- What side effects to watch for

## What is the name of my medication?

Corticosteroid and bronchodilator combination inhalers.

Other names for this medication are:

Generic Name	Brand Name
Budesonide plus Formoterol	Symbicort
Fluticasone plus Salmeterol	Advair
Fluticasone plus Vilanterol	Breo
Mometasone plus Formoterol	Zenhale



## **Why do I need to take this medicine?**

- To stop or treat symptoms of asthma, or chronic obstructive pulmonary disease (COPD) such as emphysema and chronic bronchitis.
- The corticosteroid lowers swelling in the breathing passages and lungs.
- The bronchodilator opens up the air passages of the lungs to make it easier for air to get in and out of the lungs.

## **How do I take this medication?**

- Your pharmacist can show you how to use the inhaler and check that you are using it properly. Do not use the inhaler more often than your doctor has told you.
- After using the inhaler, gargle and rinse your mouth with water. Do not swallow the water. This can help your mouth and throat from becoming hoarse, irritated or infected.
- If you are using a metered dose inhaler (MDI), you can use it with a device called an Aerochamber. This device will help you to take your medication and also stop your mouth and throat from becoming hoarse, irritated or infected. Ask your pharmacist or doctor about the Aerochamber.
- Do not stop taking this medication, even if you feel better. Stopping the medication may make your symptoms worse. Check with your doctor before you stop taking this medication.

## **What should I remember while taking this medication?**

- This medication does not cure, but helps to control symptoms, and should be taken every day to work properly even if you feel fine.
- It may take 4 to 6 weeks of using this medication before you start to feel better.
- If you are planning to have surgery or dental treatment, tell your doctor or dentist that you are taking this medication.

## **What are the possible side effects of this medication?**

- Dry mouth or throat
- Hoarse voice
- Infection in the mouth (thrush)
- Cough
- Headache
- Increase in heart rate
- Nervousness, restlessness or trembling

Some side effects may go away as your body gets used to the medication.

## **Call your doctor right away if you notice:**

- Your symptoms do not get better or they get worse
- It is hard to breath or you are wheezing
- A tight feeling in your chest
- White patches in your throat or mouth
- Swollen lips, eyes or face
- Heart palpitations or a feeling of fluttering in your chest

## What should I do if I miss a dose?

- Take the missed dose as soon as you remember.
- If it is close to the time for your next dose, skip the dose you missed and go back to your normal time.
- Do not take 2 doses at the same time or extra doses unless instructed by your doctor.

## Who do I talk to if I have a problem or question?

This fact sheet does not cover all of the side effects that may happen. If you are concerned about any side effects, please ask your doctor or pharmacist for more information or advice.

If you are not sure what to do when taking this medication, talk to your doctor or pharmacist.

This fact sheet was created by the University Health Network Pharmacy Department. It is for your information only. It shouldn't replace talking with your pharmacist. Please talk to your pharmacist or other health care professional if you have any questions about this medicine.

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