

# Pulmicort<sup>®</sup> Turbuhaler<sup>®</sup>

Budesonide, 100, 200 or 400 micrograms per inhalation

## CONSUMER MEDICINE INFORMATION

### What is in this leaflet

This leaflet answers some of the common questions people ask about **Pulmicort Turbuhaler**. It does not contain all the information that is known about **Pulmicort Turbuhaler**.

It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor will have weighed the risks of you taking **Pulmicort Turbuhaler** against the benefits they expect it will have for you.

**If you have any concerns about taking this medicine, ask your doctor or pharmacist.**

**Keep this leaflet with the medicine.** You may need to read it again.

### What Pulmicort Turbuhaler is used for

**Pulmicort Turbuhaler** is inhaled into the lungs for the treatment of asthma. Asthma is a disease where the airways of your lungs become narrow and inflamed or swollen, making it difficult for you to breathe. This may be due to an allergy to house dust mites, smoke, air pollution or other things that irritate your lungs.

**Pulmicort Turbuhaler is a "preventer" and needs to be taken regularly as prescribed by your doctor. Pulmicort Turbuhaler will not relieve an acute asthma attack that has already started.**

**Pulmicort Turbuhaler** contains budesonide. It belongs to the family of medicines called corticosteroids, which are used to reduce inflammation.

**Pulmicort Turbuhaler** acts directly on your airways to reduce inflammation. This helps to improve your asthma condition and to prevent asthma attacks from occurring. When you breathe in through the mouthpiece of the inhaler, your breath carries the medicine to your lungs.

Your doctor may prescribe this medicine for another use. Ask your doctor if you want more information.

**Pulmicort Turbuhaler** is not addictive.

**Pulmicort Turbuhaler** is only available on a doctor's prescription.

### Before you use Pulmicort Turbuhaler

#### ***When you must not use it***

Do not use **Pulmicort Turbuhaler** if you have an allergy to:

- any medicine containing budesonide

Some of the symptoms of an allergic reaction may include:

- rash, itching or hives on the skin
- shortness of breath, wheezing or difficulty breathing swelling of the face, lips, tongue or other parts of the body.

**Do not use after the use by (expiry) date printed on the pack.** It may have no effect at all, or worse, an entirely unexpected effect if you take it after the expiry date.

**Do not use Pulmicort Turbuhaler if the packaging is torn or shows signs of tampering.**

**Do not use it to treat any other complaints unless your doctor tells you to. Do not give this medicine to anyone else.**

#### ***Before you start to use it***

**You must tell your doctor if:**

1. you have any allergies to

- budesonide
- any other substances i.e. other medicines, foods, preservatives or dyes.

## 2. you have any of these medical conditions

- if you have any infection now
- if you have had an infection of the lungs in the past e.g. tuberculosis
- liver problems

It may not be safe for you to take **Pulmicort Turbuhaler** if you have any of these conditions.

You should tell your doctor if you have any of the following symptoms, which could be signs of chest infection: fever or chills, increased mucus production or change in mucus colour, increased cough or increased breathing difficulties.

If you take **Pulmicort Turbuhaler** while you have an infection, the medicine may hide some of the signs of an infection. This may make you think, mistakenly, that you are better or that it is not serious.

**Tell your doctor if you are pregnant or plan to become pregnant or breastfeeding.** Your doctor will advise you of the risks and benefits of using **Pulmicort Turbuhaler** during pregnancy and while breastfeeding.

### ***Taking other medicines***

**Tell your doctor if you are taking any other medicines, particularly medicines to treat fungal infections. Include all medicines that you buy at the chemist, supermarket or health food shop.**

These medicines may affect the way **Pulmicort Turbuhaler** works. Your doctor or pharmacist can tell you what to do if you are taking any of these medicines.

**If you have not told your doctor about any of these things, tell them before you take any Pulmicort Turbuhaler.**

If you are pregnant or breast feeding you should always be very careful with the use of medicines. There is no evidence that **Pulmicort Turbuhaler** is harmful to the mother or the child if it is used by pregnant or breast-feeding women. However, if you become pregnant while using **Pulmicort Turbuhaler** you should contact your doctor as soon as possible.

### **How to use Pulmicort Turbuhaler**

Your doctor will have explained why you are being treated with **Pulmicort Turbuhaler** and told you what dose to take. **Follow all directions given to you by your doctor carefully.** They may differ from the information contained in this leaflet.

#### ***How to take it***

Each pack of **Pulmicort Turbuhaler** contains an instruction leaflet that tells you the correct way to use it. **Please read this carefully.**

#### ***How much to take***

**Adult and elderly dose:** the dose can range from 200 micrograms up to 1600 micrograms each day. This is taken in divided doses, once or up to four times a day. When your asthma is under control the dose is usually lowered.

If you take 800 micrograms or less a day you may be able to take this as a single daily dose in the morning or evening.

#### **Children's dose:**

Children are usually considered to be aged 12 or less, but check with your doctor if you are at all worried about the dose that has been prescribed for your child.

The dose can range from 200 micrograms up to 800 micrograms each day. This is taken in divided doses, once or up to four times a day. When your child's asthma is under control the dose is usually lowered.

Children should be 6 years or older before they use **Pulmicort Turbuhaler**.

You should use your asthma "reliever" medicine if you get a bad (acute) attack of asthma and contact your doctor if this does not help.

**If you have an Asthma Action Plan that you have agreed with your doctor, follow it closely at all times.**

***If you forget to take it***

**If you miss a dose, it is not necessary to make up for the dose you have missed. Just take it when the next dose is due.** If you have trouble remembering when to take your medicine, ask your pharmacist for some hints.

### **While you are using Pulmicort Turbuhaler**

***Things you must do***

**Take your Pulmicort Turbuhaler regularly for your asthma, even if you feel well.**

**See your doctor regularly to make sure that your asthma is not getting worse.** Your **Pulmicort Turbuhaler** dose will be changed (up or down) by your doctor depending on your condition.

Tell any other doctors, dentists and pharmacists who are treating you that you are using **Pulmicort Turbuhaler**. If you are about to be started on a new medicine, tell your doctor or pharmacist that you are using **Pulmicort Turbuhaler**.

If you have been prescribed **Pulmicort Turbuhaler** and still are using "steroid" tablets, your doctor may gradually (over a period of weeks or months) reduce your dose of tablets. You may even be able to eventually stop using the tablets.

**NOTE:** If your medication is changed from "steroid" tablets to **Pulmicort Turbuhaler** you may temporarily regain symptoms which may have bothered you earlier, e.g. weakness or pain in muscles and joints. If any of these symptoms bother you, or symptoms such as headache, tiredness, nausea or vomiting occur, contact your doctor.

**Be sure to rinse your mouth out with water after every time you use Pulmicort Turbuhaler.** This is to help reduce the chance of developing thrush in your mouth.

***Things you must not do***

**Do not stop taking Pulmicort Turbuhaler for your asthma unless you have discussed it with your doctor.**

### **Overdose**

If you or someone else accidentally takes too much **Pulmicort Turbuhaler** on a single occasion, no harmful effects should occur. However, if you take too much **Pulmicort Turbuhaler** over a long time (months) you may start to get effects inside your body.

Discuss any worries you may have about this with your doctor or pharmacist or if you have an immediate concern **telephone your doctor or the National Poisons Centre Ph: 0800 POISON (0800 764 766) or go to Accident & Emergency at your nearest hospital.**

### **Side effects**

**Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking Pulmicort Turbuhaler. Ask them to answer any questions you may have.**

Usually you do not feel any side effects when you use **Pulmicort Turbuhaler**. However, be sure to tell your doctor if any of the following side effects bother you or continue:

- mild irritation in the throat
- irritation of the tongue or mouth
- hoarseness
- thrush (fungal infection in mouth and throat).

These are less likely to happen if you rinse your mouth out after using **Pulmicort Turbuhaler** each time.

- pneumonia in patients with COPD.

#### **Uncommon**

- dry mouth, bad taste, thirst
- coughing
- headache, light-headedness
- diarrhoea, nausea
- weight gain
- tiredness

#### **Rare side effects**

- skin bruising
- skin rash and itching
- nervousness, restlessness, depression, behavioural changes (predominantly in children), sleep disorders
- bronchospasm (cramp in the airways).

Tell your doctor or pharmacist immediately if you notice any of the following:

- difficulty breathing or worsening of your breathing problems
- swelling of the face, lips, tongue or other parts of the body
- severe rash
- mood changes (such as depression).

These may be serious side effects. You may need urgent medical attention.

Do not be alarmed by this list of possible side effects. You may not experience any of them. **Tell your doctor if you notice anything else that is making you feel unwell or bothering you.**

Other side effects not listed above may occur in some patients.

Your adrenal glands may be affected by taking high doses of corticosteroids over a long period of time or if you change from or use high doses of oral corticosteroids. Your doctor may do tests to check how the adrenal glands are working.

Your doctor may also tell you to take additional oral corticosteroids during periods of stress such as trauma, surgery and infection.

Corticosteroids taken into the lungs for long periods (e.g. 12 months) may affect how children grow. In rare cases, some children may be sensitive to the growth effects of corticosteroids, so the doctor may monitor a child's height.

Ask your doctor to answer any questions you may have.

### **After taking Pulmicort Turbuhaler**

#### **Cleaning**

**The Turbuhaler must be wiped with a clean dry tissue and must never get wet.** Full instructions on the right way to use and clean the Turbuhaler are inside each pack.

#### **Storage**

**Do not store above 30°C. Do not store it or any other medicine in the bathroom or near a sink.**

Heat and dampness can destroy some medicines. **Keep it where young children cannot reach it.** A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines. **Do not leave it in the car on hot days.**

### **Disposal**

Ask your pharmacist what to do with any **Pulmicort Turbuhaler** you have left over if your doctor tells you to stop taking it, or you find that the expiry date has passed.

### **Product description**

**Pulmicort Turbuhaler** contains only budesonide as the active ingredient; either 100, 200 or 400 micrograms per dose. Each Turbuhaler contains 200 doses. The Turbuhaler is made up of plastic parts.

### **Marketed by:**

AstraZeneca Limited  
PO Box 87453, Meadowbank  
Auckland 1742  
Telephone: (09) 306 5650.

### **Date of preparation**

This leaflet was revised on 3 August 2020

**Pulmicort** and **Turbuhaler** are registered trademarks of the AstraZeneca group of companies.

© AstraZeneca 2020.