

Please remember to bring all your medicines, inhalers and holding chambers to every appointment.

Address: .....

Name: .....

Issue date: ..... Date of birth: .....

HSC number: .....

## Asthma action plan

### Any other information?

Are you using high dose steroids?

Have you been issued with a steroid card?

**Always remember: Avoid cigarette smoke, especially at home and in the car.**

### Hospital consultant:

.....

### Asthma and allergy doctor/nurse:

.....

Tel: .....

**GP:** .....

Tel: .....

## When your symptoms are under control or you're very well, take this medication:

1	Preventer: Device:	
2	Preventer: Device:	
3	Montelukast:	
4	Reliever: (only if needed) Device:	
5	Antihistamine:	
6	Other:	
7	Other:	

## When your symptoms get worse (eg coughing a lot, wheezing, getting breathless):

- Take \_\_\_\_ puffs of your blue reliever every four hours.
- Take your first dose of oral steroid if they have been given to you by your doctor for use at home.
- If you still need your reliever every four hours (or before the four hours are up), contact your GP/out-of-hours GP or asthma nurse **that day**.

Other advice:

## When you're having a dangerous asthma attack

(eg coughing or wheezing all the time, tired and too breathless to talk, using tummy muscles to breathe, skin turning pale or blue):

- Take\_\_ puffs of blue reliever or, if prescribed, nebulised Salbutamol/Terbutaline.
- **go to hospital immediately (or ring 999 for an ambulance)**. On the way to hospital or while waiting for an ambulance, take repeat doses of reliever every 15 minutes.