

Name

Every Day Asthma Care – When I feel Well

My daily routine to prevent symptoms

My reliever inhaler is:
I take ... inhalation(s) of this inhaler up to four times a day only if:

- I'm wheezing
- My chest feels tight
- I'm coughing
- I'm struggling to breathe or talk

My preventer inhaler is:
I take ... inhalation(s) in the morning and ... inhalation(s) in the evening, rinsing my mouth after each use.

I need to remember to use this inhaler every day to stop me from feeling poorly

Other medicines I take for my asthma:

Things that make my asthma worse (triggers):

All old inhalers are recyclable – please return to the surgery or participating pharmacies.

When I Feel Poorly

- I'm using my reliever inhaler on a more regular basis, more than three times a week
- I still have symptoms of a cough, wheeze, tight chest or breathlessness
- My asthma is waking me up at night
- I'm struggling at work/school or with my usual daily routine

This is what I can do:

- Use my reliever inhaler up to 2 inhalations every 4 hours as needed
- Start using my preventer inhaler again long-term if I haven't been using it
- Call my GP surgery for advice on 01603 737593 or 111 if the surgery is closed

If I don't improve within 24 hours make an appointment to see my GP or asthma nurse.

During an Asthma Attack

- I'm using my reliever inhaler more than every four hours – I'm not sure it is helping
- I'm struggling to breathe, walk or talk
- My chest is very tight
- I'm very wheezy or can't stop coughing
- Something doesn't feel right

This is an emergency. Do not ignore your symptoms. Ask for help from someone immediately.

Step 1: Sit up straight – don't lie down. Try to keep calm.

Step 2: Take one puff of my reliever inhaler every 30 to 60 seconds up to a maximum of 10 puffs (using a spacer device if I have one).

- A) If I feel worse at any point while I'm using my inhaler.
- B) If I don't feel any better after 10 puffs.
A or B - Call 999. Repeat Step 2 every 15 minutes while waiting for help.
- C) If I feel better: make an urgent same-day appointment with my GP or asthma nurse, or call 111.