

My Asthma Plan

Your asthma plan tells you when to take your asthma medicines.

Name:

And what to do when your asthma gets worse.

1. My asthma medicines

- My best peak flow is
- My preventer inhaler is called and its colour is
- I take puff/s of my preventer inhaler in the morning and puff/s at night. I do this every day even if I feel well.

Other asthma medicines I take every day:

- My reliever inhaler is called and its colour is . I take puff/s of my (colour) reliever inhaler when I wheeze or cough, my chest hurts or it's hard to breathe.

Does playing, running or doing PE normally make it hard to breathe?



If yes I take puff/s of my (colour) reliever inhaler beforehand.

2. When my asthma gets worse

I will know my asthma is getting worse if:

- I have a cough, wheeze, it is hard to breathe or my chest hurts, or
- I am waking up at night because of my asthma, or
- I am taking my reliever inhaler every day, or
- My peak flow is less than

When this happens: I keep taking my preventer medicines as normal.

And also take puff/s of my (colour) reliever inhaler every four hours.

If I am not getting any better I should see my doctor or asthma nurse today.

What asthma medicines do you take every day?

What should you do when your asthma gets worse?



3. What to do when I have an asthma attack

I am having an asthma attack if:

- My (colour) reliever inhaler is not helping, or
- I can't talk or walk easily, or
- I am breathing hard and fast, or
- I am coughing or wheezing a lot, or
- My peak flow is below

When this happens: I should take puffs of my (colour) reliever inhaler every two minutes (up to ten puffs) until I feel better.

My asthma triggers:

(Write down things that make your asthma worse so you can stay away from them.)

I need to see my asthma nurse every six months at least

Date I got my asthma plan:

My next asthma review:

Doctor's/asthma nurse contact details:

I am feeling better, but I don't want this to happen again so I need to see my doctor or asthma nurse today.



I still don't feel better and I have taken ten puffs. Now I need to call **999** straight away. If I am waiting longer than 15 minutes for an ambulance I should take another puffs of my (colour) reliever inhaler every two minutes (up to ten puffs).



Where can I find out more?

Asthma UK is dedicated to improving the health and well-being of the 5.4 million people in the UK with asthma including 1.1 million children.

Asthma UK Adviceline
Ask an asthma nurse specialist
0800 121 62 44
asthma.org.uk/adviceline

Asthma UK
Summit House, 70 Wilson Street,
London EC2A 2DB
T 020 7786 4900
F 020 7256 6075

Asthma UK Cymru
Eastgate House, 35–43 Newport Road,
Cardiff CF24 0AB
wales@asthma.org.uk

Asthma UK website
Read the latest independent advice and news on asthma
asthma.org.uk
kickasthma.org.uk

Asthma UK Northern Ireland
Ground floor, Unit 2 College House,
City Link Business Park, Durham Street,
Belfast BT12 4HQ
ni@asthma.org.uk

Asthma UK Scotland
4 Queen Street,
Edinburgh EH2 1JE
scotland@asthma.org.uk

