



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

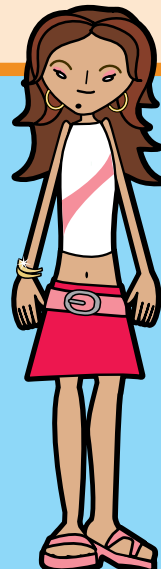
When this happens: I keep taking my preventer medicines as normal.

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?

Remember to take your inhaler with a spacer if you have one



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

