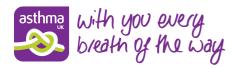
your asthma action plan



Name	Date



Complete this with your asthma nurse or GP.



This is what I need to do to stay on top of my asthma:

Win.

My asthma is getting worse if I notice any of these:



I am having an asthma attack if any of these happen:

My personal best peak flow is:	My symptoms are coming back (wheeze,
My preventer inhaler (insert name/colour) I need to take my preventer inhaler every day even when I feel well. I take puff(s) in the morning and puff(s) at night.	 tightness in my chest, feeling breathless, comparison of the lam waking up at night My symptoms are interfering with my usual day-to-day activities (eg at work, exercise) I am using my reliever inhaler a week or more
My reliever inhaler	My peak flow drops to below
(insert name/colour) I take my reliever inhaler only if I need to. I take puff(s) of my reliever inhaler if any of these things happen:	This is what I can do straight aw to get on top of my asthma: If I haven't been using my preventer inhale using it regularly again or:
I'm wheezingMy chest feels tight	using it regularly again or: Increase my preventer inhaler dose to
I'm finding it hard to breatheI'm coughing	until my symptoms have gone and my pea is back to normal.
Other medicines I take for my asthma every day:	Take my reliever inhaler as needed (up to puffs every four hours).
	If I don't improve within 48 hours make an appointment to see my GP or asthma nurs
Contact number for GP/specialist asthma nurse:	If I have been given prednisolone tablets (steroid tablets) to keep at home:
When you have good control over your	Take mg of prednisolone tablets (which is x 5mg) immediately and again every morning for days or until I am fully better.
asthma you should have no symptoms. If you have hay fever or a food allergy it's even more important to have good	Call my GP today and let them know I have started taking steroids and make an

control of your asthma.

		L		
 My symptoms are coming back (wheeze, tightness in my chest, feeling breathless, cough) I am waking up at night 				
	My symptoms are interfering with my usual day-to-day activities (eg at work, exercise)			
	I am using my reliever inhaler a week or more			
Ø	My peak flow drops to below			
This is what I can do straight away to get on top of my asthma:				
	If I haven't been using my preventer inhaler, start using it regularly again or:			
	Increase my preventer inhaler dose to until my symptoms have gone and my peak flow is back to normal.			
	Take my reliever inhaler as needed (up to puffs every four hours).			
	If I don't improve within 48 hours make an appointment to see my GP or asthma nurse.			
2	If I have been given prednisolone tablets (steroid tablets) to keep at home:			
	Take mg of prednisolone tablets			
	(which is x 5mg) immediately			
	and again every morning for days			

appointment to be seen within 24 hours.

My reliever inhaler is not helping or I need it					
more than every		hours			
● I find it difficult to walk or talk					
I find it difficult to breathe					
I'm wheezing a lot or I have a very tight chest or I'm coughing a lot					
My peak flow is b	elow				

THIS IS AN EMERGENCY **TAKE ACTION NOW**

- Take two puffs of my reliever inhaler (one puff at a time)
- Sit up and try to take slow, steady breaths
- If I don't start to feel better, take two puffs of my reliever inhaler (one puff at a time) every two minutes. I can take up to ten puffs
- If I don't feel better I should call 999 straight away. If an ambulance doesn't arrive within ten minutes, and I'm still not feeling better, then I should repeat Step 3
- Even if I feel better after this I should see my GP or asthma nurse for advice the same day
- If I have rescue prednisolone tablets, take 40mg (8 x 5mg) altogether

Please note this asthma attack information is not designed for people who use the Symbicort SMART regime. If you use Symbicort SMART please speak to your GP or asthma nurse about this.



If you have any concerns about managing your asthma, you can call an asthma nurse specialist on Asthma UK's Adviceline 0800 121 62 44

Asthma UK has a range of resources to help with your asthma and a team of specialist asthma nurses if you need further advice.









with you every breath of the way

