

### Regular Review

It is important to have a regular review of your treatment to make sure you are still on the best treatment and to check you are getting the correct dose from your inhaler.

Your next asthma checkup is due:

Date	Time	Clinic



# Asthma Action Plan

### Your preventer inhaler is:

Take  puffs twice daily every day even if you feel no symptoms from your asthma.

It is really important to keep taking your preventer as it improves your symptoms long term and reduces the risk of a severe asthma attack.

### Your reliever inhaler is:

Take 2 puffs of this inhaler if you feel breathless or wheezy.

This inhaler should ease your symptoms within 5 minutes and last for 4 hours.

You don't need to take this inhaler if you are not having symptoms from your asthma.

### Oral Medication

You should take this medication regularly every day. It reduces the chance of asthma attacks.

### When to seek help

If you need your reliever inhaler more than 4 times a week it means your asthma is not well controlled and you are at risk of an asthma attack and should **book in for a review** rather than waiting for your annual check.

If you need your reliever inhaler more than 3 times a day you are having a flare of your asthma and **need to see your GP or nurse that day**.

If you need to take your reliever inhaler multiple times and it is not helping you are having severe asthma attack and need to **call 999**.

999

