

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

Contact number for GP/specialist asthma nurse:

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





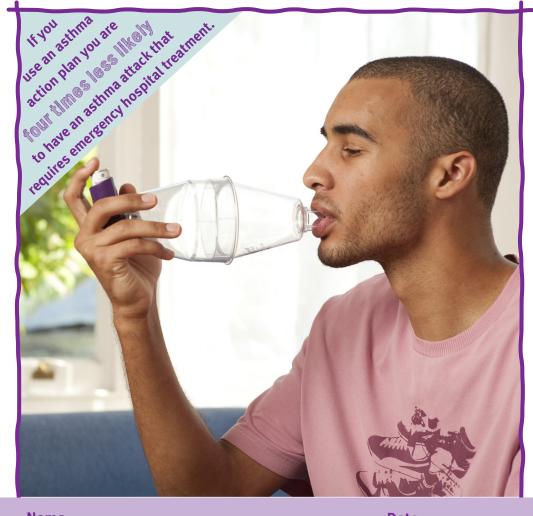
Or visit our website www.asthma.org.uk



with you every breath of the way



your asthma action plan



	Name		Date
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Complete this with your asthma nurse or GP.





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



more than every

I find it difficult to walk or talk

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

hours

My reliever inhaler is not helping or I need it

My personal best peak flow is:				
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.				
My reliever inhaler (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: I'm wheezing My chest feels tight I'm finding it hard to breathe I'm coughing				
Other medicines I take for my asthma every day: If I haven't had any symptoms or needed my reliever inhaler for at least 12 weeks, talk to my GP or asthma nurse about reviewing my medicines.				
People with allergies need to be extra				

careful as attacks can be more severe.

 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 My peak flow drops to below 	es			
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

Take my reliever inhaler as needed (up to

appointment to see my GP or asthma nurse.

If I have been given prednisolone tablets

(steroid tablets) to keep at home:

Call my GP today and let them know

I have started taking steroids and make an

appointment to be seen within 24 hours.

and again every morning for

or until I am fully better.

is back to normal.

Take

(which is

puffs every four hours).

until my symptoms have gone and my peak flow

If I don't improve within 48 hours make an urgent

mg of prednisolone tablets

days

x 5mg) immediately

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 below

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 OR Fostair MART regime. If you use Symbicort SMART or Fostair MART please speak to your GP or asthma nurse about this.