

## My asthma triggers

Taking my asthma medicine every day will help reduce my reaction to these triggers. Avoiding them where possible will also help.

**People with allergies need to be extra careful as asthma attacks can be more severe.**

### My asthma review

I should have at least one routine asthma review every year. I will bring:

- my action plan to see if it needs updating
- any inhalers and spacers I have, to check I'm using them correctly and in the best way
- my peak flow meter if I use one
- any questions about my asthma and how to cope with it.

**Next asthma review date:** .....

### GP/asthma nurse contact

Name: .....

Phone number: .....

**Out-of-hours contact number** (ask your GP surgery who to call when they are closed)

Name: .....

Phone number: .....

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Asthma and Lung UK, a charitable company limited by guarantee with company registration number 01863614, with registered charity number 326730 in England and Wales, SC038415 in Scotland, and 1177 in the Isle of Man

## How to use it

Your written asthma action plan can help you stay on top of your asthma. To get the most from it you could:

- 1 Put it somewhere easy to find** – your fridge door, noticeboard or bedside table.
- 2 Keep a photo of it on your mobile phone or tablet** – so you can check it wherever you are. You can also send it to a family member or friend, so they know what to do if your asthma symptoms get worse.
- 3 Check in with it regularly** – put a note on your calendar or a monthly reminder on your phone to read it through. Are you remembering to use your everyday asthma medicines? Do you know what to do if your symptoms get worse?
- 4 Take it to every asthma appointment** – including hospital appointments. Ask your GP or asthma nurse to update it if their advice for you changes.

## Get more advice + support from Asthma + Lung UK

Speak to a respiratory nurse specialist about managing your asthma: **0300 222 5800**

Get news, advice and download information: **AsthmaAndLung.org.uk**

Message our specialist asthma nurses on Whatsapp: **07378 606728**

Follow us on facebook for news and tips about your asthma: **facebook.com/AsthmaLungUK**

## ASTHMA QUESTIONS?

Ask our respiratory nurse specialists  
Call **0300 222 5800** WhatsApp **07378 606 728**  
(Monday-Friday, 9am-5pm)



# ADULT ASTHMA ACTION PLAN

Fill this in with your GP or nurse

Name and date:

.....

# 1 Every day asthma care:

## My asthma is being managed well:

- With this daily routine I should expect/aim to have no symptoms.
- If I have not had any symptoms or needed my reliever inhaler for at least 12 weeks, I can ask my GP or asthma nurse to review my medicines in case they can reduce the dose.
- My personal best peak flow is:

## My daily asthma routine:

### 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 and devices (e.g spacer, peak flow meter) I use for my asthma every day:

# 2 When I feel worse:

## My asthma is getting worse if I'm experiencing any of these:

- 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, exercising).
- I am using my reliever inhaler three times a week or more.
- My peak flow drops to below: .....



**URGENT! If you need your reliever inhaler more than every four hours, you need to take emergency action now. See section 3.**

## What I can do to get on top of my asthma now:

If I haven't been using my preventer inhaler, I'll start using it regularly again or if I have been using it:

- Increase my preventer inhaler dose to ..... puffs ..... times a day until my symptoms have gone and my peak flow is back to my personal best.
- Take my reliever inhaler as needed (up to ..... puffs every four hours).
- Carry my reliever inhaler with me when I'm out.



**URGENT! See a doctor or nurse within 24 hours if you get worse at any time or you haven't improved after seven days.**

## Other advice from my GP about what to do if my asthma is worse (eg MART or rescue steroid tablets):

# 3 In an asthma attack:

## I'm having an asthma attack if I'm experiencing any of these:

- My reliever inhaler is not helping or I need it more than every four 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 below: .....

## What to do in an asthma attack

1. Sit up straight - try to keep calm.
2. Take one puff of your reliever inhaler (usually blue) every 30-60 seconds up to 10 puffs.
3. If you feel worse at any point OR you don't feel better after 10 puffs **call 999 for an ambulance.**
4. If the ambulance has not arrived after 10 minutes and your symptoms are not improving, repeat step 2.
5. If your symptoms are no better after repeating step 2, and the ambulance has still not arrived, **contact 999 again immediately.**

**Important: this asthma attack advice does not apply to you if you use a MART inhaler.**

## After an asthma attack

- If you dealt with your asthma attack at home, see your GP today.
- If you were treated in hospital, see your GP within 48 hours of being discharged.
- Finish any medicines they prescribe you, even if you start to feel better.
- If you don't improve after treatment, see your GP urgently.

What to do in an asthma attack if I'm on MART: