

# My Treatments

## Preventer medications

(Should be finished in number of days stated when taken regularly)

## Reliever inhaler:

- I use a spacer and
- Mask
  - Mouthpiece

## Return empty/old inhalers to a pharmacy

My wheeze is steroid responsive:

- Yes  No  We're not sure

Remember to ask for a GP review if...

- You are having lots of mild attacks
- You are using Reliever more than 3 times a week

## IF YOU ARE GETTING WORSE

### WARNING SIGNS

- ⚠ Wheeze and cough getting worse
- ⚠ Feeling out of breath
- ⚠ Using Reliever more than usual

### WHAT TO DO

- 1 Give 2-6 Reliever puffs as often as needed via spacer
- 2 Continue Preventer
- 3 See your GP today or attend the Emergency Department (particularly if Reliever not lasting 4 hours)

## WHEN YOU HAVE SYMPTOMS

### WARNING SIGNS

- ⚠ Needing Reliever
- ⚠ Coughing and wheezing
- ⚠ Coughing and waking at night

### WHAT TO DO

- 1 Give 2-4 Reliever puffs via spacer
- 2 Continue Preventer
- 3 If this happens 3 times or more per week see your GP (in next few days)

## WHEN YOU ARE WELL

- 1 Know your triggers
- 2 Have Reliever and spacer always available
- 3 Monitor Reliever use and symptoms
- 4 Preventer should be taken as prescribed

## WHEN YOU ARE HAVING A SEVERE ATTACK

### WARNING SIGNS

- ⚠ Exhausted by cough & wheeze or breathing hard
- ⚠ Colour change (blue/pale/grey)
- ⚠ Using rib or neck muscles to breathe or flaring nostrils
- ⚠ Not feeling better after 6 puffs of Reliever



**THIS IS LIFE THREATENING:  
CALL 999**  
OR GO TO AN EMERGENCY  
DEPARTMENT NOW!

### WHILST WAITING FOR HELP

- 1 Sit up
- 2 Give 10 puffs Reliever via spacer
- 3 Continue with 10 puffs Reliever as often as needed

DIAL TREATMENT UP WHEN UNWELL  
AND DOWN WHEN GETTING BETTER

## AS YOU GET BETTER

- ⚠ Give 2 Reliever puffs (one at a time) wait 5-10 minutes and repeat as needed up to a total of 6 puffs
- ⚠ If 6 puffs don't last 4 hours take 10 puffs and go urgently to your GP or Emergency Department
- ⚠ Check overnight
- ⚠ Arrange a review with your GP 48 hours after an attack
- ⚠ You should have a full asthma review in 4 weeks

# My Asthma Plan



University Hospitals  
Bristol and Weston  
NHS Foundation Trust

My triggers are:

I avoid my triggers by:

I use \_\_\_\_\_ Reliever doses  
before exercise

- Yes  
 No

## My Contacts

Asthma Nurse

Hospital Specialist

GP details and  
annual review date

Smoking cessation  
advice is available at

Useful websites:



[www.asthma.org.uk](http://www.asthma.org.uk)



[www.beatasthma.co.uk](http://www.beatasthma.co.uk)



[www.uk-air.defra.gov.uk/forecasting/](http://www.uk-air.defra.gov.uk/forecasting/)

My name is : \_\_\_\_\_

This plan was produced

By: \_\_\_\_\_

Date: \_\_\_\_\_

Keep a paper copy for home and school or share a photo of this plan on your phone