

## Your health care professional suspects you may have asthma.

You may get one or more of the following symptoms

Cough

Wheeze / noisy breathing

Shortness of breath / difficulty breathing

Tight chest



Symptoms may be worse at different times of the day or night and may vary depending on many factors such as the time of year, pollen count.

**The good news is that asthma is a reversible condition when treated correctly for most people.**

To get your treatment right and help you to feel better, you need to follow the plan below.

1. Collect medications from your chosen pharmacy
2. Ensure you have watched the video clips sent to your phone which will give you the correct inhaler technique or read the patient information leaflet.
3. Start orange inhaler immediately **DO NOT WAIT (even if you have been given antibiotics and/or prednisolone tablets)**
4. Attend your appointment with asthma team 4-8 weeks after starting treatment. **If you do not attend, we will NOT prescribe any further medication.**
5. Carry your blue reliever inhaler at all times and only use if you experience asthma symptoms.
6. Do not start and stop the orange inhaler especially if you start to feel better.
7. Remember if you do have asthma, it may take a few weeks for the treatment to work
8. Please seek medical attention if your symptoms get worse.

## Daily plan

<b>MORNING</b>	Before you start the day, if you have been asked please measure the best of three peak flow readings using your peak flow meter (See link sent to your phone for correct technique) then record the highest of these three.
	Take 1 puff of orange inhaler. Only repeat if stated on your prescription Make sure you take one puff at a time, wait 30-60 seconds between puffs and shake inhaler between each dose.
	Clean teeth / rinse mouth to prevent a sore mouth.

<b>EVENING (5-8pm ideally)</b>	Record highest of three peak flow readings if asked to do so (See link sent to your phone for correct technique)
	Take 1 puff of orange inhaler. Only repeat if stated on your prescription Make sure you take one puff at a time, wait 30-60seconds between puffs and shake inhaler between each dose
	Clean teeth/ rinse mouth to prevent a sore mouth.

## IN CASE OF EMERGENCY

1	Shake blue inhaler Press blue inhaler once, seal lips around mouthpiece and take a quick deep breath in.
2	Allow the medicine to work, carry out calm breathing exercises
3	If no better after 30-60 seconds repeat the process above (Remember to shake the inhaler)
4	You can take up to 10 puffs of your blue inhaler if needed. Remember to shake the inhaler between puffs and wait at least 30-60seconds between doses. If you reach 10 puffs of your blue inhaler or start to feel worse ring 999

## Useful Links

<https://www.asthma.org.uk/advice/manage-your-asthma/peak-flow>

<https://www.asthma.org.uk/advice/inhaler-videos/easyhaler/>