

Suspected Asthma- trial of treatment

Your health care professional suspects you may have asthma and 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. The good news is that asthma is normally a reversible condition when treated correctly. To get your treatment right and help you to feel better please follow the plan below

- Collect medications from your chosen pharmacy
- Start your inhaler immediately DO NOT WAIT (even if you have been given antibiotics and/or prednisolone tablets)
- Log your peak flow readings if been asked to do so
- Attend your appointment with asthma team 8-12 weeks after starting treatment. If you do not attend, we will NOT prescribe any further medication.
- Carry your combination inhaler at all times and use if you experience asthma type symptoms.
- Do not stop the regular doses of your inhaler especially if you start to feel better- symptoms are likely to return if you stop!
- Remember if you do have asthma, it may take a few weeks for the treatment to work
- Please seek medical attention if your symptoms get worse

Useful links

<https://www.asthmaandlung.org.uk/living-with/inhaler-videos/easyhaler>

<https://www.asthmaandlung.org.uk/symptoms-tests-treatments/tests/peak-flow>

<https://www.nhs.uk/conditions/asthma/>

Daily plan

Every Morning

- Measure the best of three peak flow readings using your peak flow meter
- Record the highest reading
- Take 1 puff of prescribed inhaler as advised.
- Only repeat if stated on your prescription (Make sure you take one puff at a time, wait 30 seconds between puffs, shake inhaler between each dose)
- Clean teeth/ rinse mouth

Every Evening (ideally 12hours from morning dose)

- Measure the best of three peak flow readings using your peak flow meter
- Record the highest reading
- Take 1 puff of prescribed inhaler as advised.
- Only repeat if stated on your prescription (Make sure you take one puff at a time, wait 30 seconds between puffs, shake inhaler between each dose)
- Clean teeth/ rinse mouth

Extra dose rules

- If asthma sounding symptoms during the day or night - take 1 extra dose of your inhaler (you are able to have 8 puffs of your inhaler in 24 hours including daily doses)
 - Always take your regular doses as prescribed even if you have taken extra doses
 - **IN CASE OF EMERGENCY** ignore the number of puffs you have already taken and follow the plan below
1. Shake inhaler & take 1 puff
 2. Sit down, try to calm breathing, allow medicine to work
 3. If no better after 1 minute repeat
 4. You can take 6 puffs, with 1 minute interval if needed.
 5. If you reach 6 puffs ring **999**