

# Example of a written Asthma Action Plan:

## Regular Maintenance Medication

Regular Medication	Drug Action	Dose	Times				Instructions	Common Side effects
			8am		8pm			
Symbicort	Treat and prevent asthma symptoms	200 ug	# puffs 1puff		# puffs 1puff		Rinse mouth after use	Hoarseness thrush
Ventolin	Relax tight airway muscles	100ug					Take 1-2 puffs as needed	Tremors, fast heart rate

### Action Plan if your asthma worsens: (increase cough, wheeze, chest tightness or short of breath)

Step 1. Use your quick reliever Ventolin 2 puffs every 4 hours if necessary.

Step 2. Start / Increase Symbicort 2 puffs 2 times a day until well or (Peak Flows back to usual best 400 L/m) then decrease Symbicort to your usual maintenance dose.

Step 3. If not getting better or (Peak Flows less than 240 L/m) start Prednisone 30 mg for 7 days. See your Doctor

Step 4. For severe episodes seek Emergency help – see Emergency Action Plan on other side of this card.

### Keep Your Asthma Under Control

- Practice preventive measures for asthma triggers
- Take medications as prescribed
- Know the actions and side effects of your medications
- Always keep your quick relief inhaler with you
- Don't ignore early warning signs of worsening asthma
- Keep follow-up appointments
- Carry this card with you at all times
- Consider your asthma when making travel plans

Name \_\_\_\_\_

Doctor \_\_\_\_\_ Phone# \_\_\_\_\_