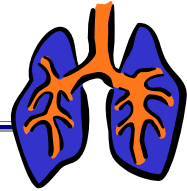


My Asthma Plan



NAME: _____

DATE: _____

GOALS OF ASTHMA TREATMENT

- Decrease in cough, wheeze and shortness of breath
- Rare nighttime symptoms
- Need for rescue inhaler (albuterol/Maxair) should be less than 3 times a week.
- No need for emergency room visits or admission to the hospital.
- Rare limits on physical activities
- No missed school days from asthma.

DO YOU NEED TO TAKE A MEDICINE EVERY DAY?

If your doctor prescribed medicine for you to take every day it is because your asthma symptoms happen too often. You **MUST** take it every day to stay well. *Daily medicines won't* prevent every asthma attack but if you use them **every day**, you won't get sick as often and you will be able to exercise without asthma problems most of the time.

1. **PREVENT** Asthma Symptoms: Take your Preventer medicine (s) every day!

- Your preventers
- Flovent _____mcg 2 puffs every AM and 2 puffs every PM
 - QVAR _____ puffs every AM and _____ puffs every PM
 - Singulair once every evening
 - Advair 1 puff every AM and 1 puff every PM
 - Asmanex _____ puffs _____ times daily
 - Pulmicort Flexhaler _____ puffs every AM and _____ puffs every PM
 - Symbicort inhaler 2 puffs every AM and 2 puffs every PM

2. **TREAT** the following with your albuterol, Maxair or Symbicort Inhaler (_____ puffs) or nebulizer every 3-4 hours only when needed for:

- Cough, wheeze and/or shortness of breath

3. **CALL** us at the numbers below (we may prescribe prednisone or Orapred if):

- **You use your albuterol, Maxair or Symbicort inhaler or nebulizer and:**
 - It doesn't help and/or
 - It doesn't last at least 4 hours and/or
 - You have needed to use it more than 3 times in 24 hours
-

4. **Prednisone/Prednisolone**

- Keep on hand and use if instructed when you call our office
- Take _____ twice daily for 5 days only and keep remainder on hand.

Aerosolized medication technique demonstrated Treatment plan reviewed _____ initials

Other instructions: _____

PEDIATRIC PULMONARY: 352-273-8380 until 5:00 pm M-F: 352-265-0111 or toll free 1-888-4UF-SHANDS (be sure to ask for the Pediatric Pulmonary Doctor)