

PREPARING FOR MY ASTHMA APPOINTMENT

1. Answer these questions to make it easier for your health professional to help you manage your asthma
2. Take the completed form to your next appointment and discuss
3. Remember to ask your doctor to:
 - ✓ Watch you take your medication to check your technique (you can also view device technique by clicking [here](#).)
 - ✓ Complete/review your Asthma Action Plan (if you do not have a Plan, you can print one from our website by clicking [here](#).)

QUESTIONS

1. **Patient:** What is bothering you most about your asthma?

Parent (if patient is a child): What is bothering you most about your child's asthma?

2. **Asthma Control: Because of my asthma, in the last week...**

a) I used my blue inhaler	<input type="checkbox"/> No	<input type="checkbox"/> Yes. # of times? ___
b) I coughed, wheezed, or had a tight chest	<input type="checkbox"/> No	<input type="checkbox"/> Yes # of times? ___
c) I had a nighttime cough or woke up	<input type="checkbox"/> No	<input type="checkbox"/> Yes # of times? ___
d) I had asthma symptoms (cough, wheeze or shortness of breath) when playing or exercising	<input type="checkbox"/> No	<input type="checkbox"/> Yes # of times? ___
e) I missed school or work	<input type="checkbox"/> No	<input type="checkbox"/> Yes # of times? ___
f) Other symptoms? _____		

3. **My asthma is:** [the same better worse] (circle one) since my last appointment.
If worse, explain _____

4. **Current Medications**

a) Controller/Preventer _____	_____ puffs _____ times/day
b) Reliever/Rescue _____	_____ puffs as needed
c) Other (ie. Singulair) _____	

5. **I am more likely to forget a morning or nighttime dose of controller medication?**

	<input type="checkbox"/> Morning	<input type="checkbox"/> Night
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6. **To every asthma appointment, remember to bring:**
 - ✓ All your asthma medications and devices to make sure you are using them properly
 - ✓ Your asthma action plan so you and your doctor can make sure it is up to date.

7. **Things you should know about your asthma:**
 - ✓ The difference between your controller and your reliever medication
 - ✓ How to know if your asthma is well controlled
 - ✓ Why it is important to keep asthma in good control
 - ✓ If there are any side effects to your medication (read our "Risks" article by click [here](#).)
 - ✓ How to know when your controller medication needs to be changed

8. **Other questions?** _____

Material on this website has been designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please consult your doctor or appropriate healthcare professional.