

Hospital No.....
Surname
First name
D.O.B. Sex

Asthma discharge plan

Going home after a severe asthma attack

For people aged 12 years and older

This asthma discharge plan was prepared for you on: _____ 20____
day month year

You have been given this plan because you have been treated for asthma in the emergency department or hospital.

This plan explains what to do until you visit your usual doctor for an asthma check-up.

You will be given medicines (inhaler and tablets) to take and you will be shown how to use them.

Important safety information

Follow these instructions carefully.

Keep using your preventer every day, as well as taking any new medicines we give you.

Your preventer inhaler contains a type of medicine (corticosteroid) that lowers your risk of having asthma attacks in future.

This type of medicine is strongly recommended for anyone aged 12 years or more who has had an asthma attack any time within the past year.

Your medicines

[Strike out any that do not apply]	Name of medicine [Write brand name and strength, if known]	When and how to take it [Strike out instructions that do not apply]
Reliever (salbutamol)	[[space for free text]]	Use your reliever when you have symptoms (e.g. breathing problems or a tight feeling in your chest). Take 2 puffs (1 puff at a time), using a spacer. If you need your reliever again within 4 hours, see your GP or go to the emergency department.
Prednisolone	[[space for free text]]	Take __ tablets every morning with food for __ days. Take __ mL every morning with food for __ days. [[space for free text]]
Preventer	[[space for free text]]	Use your preventer every day, even when you do not have asthma symptoms Take __ puffs __ times each day. [[space for free text]]
Other	[[space for free text]]	[[space for free text]]
Other	[[space for free text]]	[[space for free text]]

When to see your doctor

You will need 2 separate visits to your GP.

Make an appointment to see your GP within the next 3 days. Tell them it is for an asthma check-up after a severe asthma attack. This visit is important for your safety **now**.

Make a second appointment 3–4 weeks later. Tell them it is for a full asthma check-up. This visit is important for your safety in **future**.

What to do if you have asthma symptoms

If you are breathless or find it hard to breathe normally, use your reliever inhaler (puffer) with a spacer.

Assemble the spacer (if in separate pieces).

1. Remove puffer cap and shake the puffer.
2. Hold puffer upright and insert it into the spacer.
3. Put the mouthpiece between your teeth and seal your lips around it.
4. Press the puffer once firmly to fire one puff into the spacer.
5. Take 4 breaths in and out of the spacer.

Slip the spacer out of your mouth.

Repeat the steps to take a second puff (remember to shake the puffer again.)

Wait a few (4) minutes. If you feel no better, repeat the steps to take 2 more puffs.

If you still can't breathe normally after taking 4 puffs, follow the instructions for **what to do if you are having an asthma attack**.

What to do if you are having an asthma attack

Follow these instructions if any of these happen:

- You are having a severe asthma attack
- You are frightened by your asthma symptoms
- You cannot talk normally because of breathing problems (e.g. if you can only say a few words at a time between breaths)
- You still have asthma symptoms after taking 4 puffs of your reliever
- You need to take your reliever again after less than 4 hours and still don't feel completely better.

Keep calm.

Keep taking your reliever. Take 4 puffs using a spacer (1 puff at a time, with 4 normal breaths between each puff).

Sit upright and try to breathe slowly.

Get help –call 000 and ask for an ambulance.

Keep taking reliever if needed: 4 puffs (one at a time) every 4 minutes.