

ASTHMA ACTION PLAN ----- CERTIFIED ALLERGY & ASTHMA CONSULTANTS ----- (518) 434-1446

**DOING WELL**



- No trouble breathing
- No coughing
- No wheezing or whistling in your chest
- No trouble with daily activities or exercise
- **RESCUE** medication is used **LESS** than 2 times/week



**WHEN DOING WELL**

1. Use your **CONTROLLER** medication(s) every day as prescribed
2. Keep your **RESCUE** medication available at all times in case you start to have trouble

**WHEN NOT WELL**

1. Use your **RESCUE** medication as prescribed
2. If prescribed, add or increase your **CONTROLLER** medication as follows:
3. Call our office for an appointment if you feel the need to use your **RESCUE** medication more often than every 4 hours or your **RESCUE** medication does not help to relieve your symptoms.
4. Call our office if you do not feel better within 1 week.
5. If provided with an emergency supply of Prednisone, call our office and take as directed. Follow up with our office as advised.

**NOT WELL**



- You might have some or all of these symptoms:
- Cough, chest tightness, shortness of breath or wheezing
  - Night-time symptoms
  - Difficulty with daily activities
  - **RESCUE** medication is used **MORE** than 2 times/week



**EMERGENCY**



- Very short of breath, or unable to speak a full sentence without stopping to breathe.
- Breathing is hard and fast
- Difficulty walking due to chest symptoms
- Symptoms do not improve with use of medication



**IN AN EMERGENCY**

1. Use your **RESCUE** medication **and** **CALL 911** or **GO** to the emergency room
2. When you get home from the hospital, call our office to schedule a follow-up appointment

**RESCUE MEDICATION:**

**Inhalers: 2 inhalations every 4 hours as needed**

- |              |                   |
|--------------|-------------------|
| Ventolin HFA | Proventil HFA     |
| ProAir HFA   | ProAir Respiclick |
| Xopenex HFA  |                   |

**Nebulizer: 1 vial every 4 hours as needed**  
 Albuterol or DuoNeb (ipratropium bromide) or Xopenex (levalbuterol)

**Special instructions:**

- Use 15 minutes before exercise

**CONTROLLER MEDICATION:**

- Advair Diskus 100/50 250/50 500/50
- Advair HFA 45/21 115/21 230/21
- Alvesco 80 mcg 160 mcg
- Arnuity 100 mcg 200 mcg
- Asmanex HFA 100 mcg 200 mcg
- Asmanex Twisthaler 110 mcg 220 mcg
- Breo Ellipta 100/25 200/25
- Pulmicort (Budesonide) Nebulizer 0.25 mg 0.5 mg 1.0 mg
- Dulera 100/5 mcg 200/5 mcg
- Flovent Diskus 50 mcg 100 mcg 250 mcg
- Flovent HFA 44 mcg 110 mcg 220 mcg
- Montelukast/Singular 4 mg 5 mg 10 mg
- Pulmicort Flexhaler 90 mcg 180 mcg
- QVAR 40 mcg 80 mcg
- Spiriva Handihaler
- Spiriva Respimat 1.25 mcg 2.5 mcg
- Symbicort 80/4.5 160/4.5
- Other \_\_\_\_\_

**DIRECTIONS FOR USE:**

Physician signature: \_\_\_\_\_ Date: \_\_\_\_\_