

A.S.T.H.M.A

Discharge Instructions

Asthma is a lifelong, chronic disease that can make it hard to get air in and out of the lungs.

Symptoms to see a doctor for: shortness of breath, chest tightness, cough, wheezing, decreased activity, waking at night, medicines not helping, peak flows less than 80% of personal best, cannot talk easily.

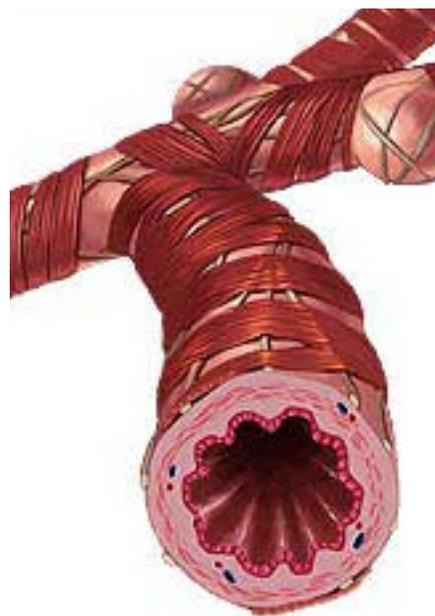
Triggers: chemicals, fumes, dust, animal dander, mice, pollen, exercise, food allergies, colds, climate changes, inversion, cigarette smoke, stress.

Health care provider. Make an appointment to see your primary care doctor. At the follow up, bring all medications and ask the doctor to set up an Asthma Action Plan for you to follow every day to keep asthma under control.

Medications: Quick-relief/rescue medicine should help for about 4 hours and relaxes airway muscles. Long-term controller medicines are to be taken every day to prevent flare-ups. Steroids help reduce swelling and may be prescribed for flare-ups.

Action plan. See your primary care doctor to create an action plan to manage your asthma and prevent flare-ups.

Normal



Asthma



Asthma is a lifelong, chronic disease that can make it hard to get air in and out of the lungs.

Symptoms to see a doctor for:

- Wheezing
- Repeated/persistent coughing
- Waking up during the night
- Shortness of breath
- Peak flow is low (<80% of best)
- Increased use of rescue inhaler

Triggers: Know and keep track of your triggers and tell your doctor.

Health Care Provider: Call your doctor within **3-5 days** after going to the Emergency Room. Make an appointment to be seen within **1-4 weeks**.

Medications:

Action Plan: Take attached copy of action plan to follow-up appointment with primary care physician.

To Learn More...

American Lung Association
www.lungsusa.org
1-800-LUNGUSA (586-4872)

Asthma and Allergy Foundation of America
www.aafa.org
1-800-7-ASTHMA (727-8462)

Utah Department of Health, Asthma Program
www.health.utah.gov/asthma
(801) 538-6141

