

Asthma

THINGS TO ASK & TELL YOUR DOCTOR



**ASTHMA
AUSTRALIA**

THINGS TO TELL YOUR DOCTOR

If you have a written Asthma Action Plan, bring it to your appointment, so that your doctor can check it is correct and up to date.

Symptoms

- If you have had any night-time asthma symptoms, such as cough, wheeze or breathlessness, since your last check-up
- How many days a week you have had day-time asthma symptoms in the last month
- If your asthma has made it hard to keep up with normal activity
- If you have had any asthma flare-ups or attacks since your last visit
- If you cough, wheeze or sneeze or have symptoms such as, itchy nose or eyes, runny or blocked nose, throat clearing or snoring

Triggers

- Anything that seems to trigger/make your asthma worse
- What you do about your triggers and whether this helps
- How much exercise you do and any asthma symptoms during or after exercise
- If you have hay fever or other allergies
- If you have ever been affected by thunderstorm asthma

Medication & devices

- How often you have taken your reliever medication in the last month
- How often you take your preventer medication
- Show your doctor how you use your asthma devices and/or nasal spray
- If you are taking any medication to treat your hay fever
- If you are using any other medications or complementary therapies

General health

- Any other changes in your health, e.g. quitting smoking, increasing exercise, weight changes, allergies, other health issues
- For women, if you are planning a pregnancy or may be pregnant

THINGS TO ASK YOUR DOCTOR

- 1 How can I tell when my asthma is under good control?

- 2 How can I tell when I am getting a flare-up of asthma symptoms?

- 3 What medications do I need to take every day for my asthma?

- 4 Can I work out which triggers make my asthma worse and can I do anything about them?

- 5 I cough, sneeze and wheeze. Do I have hay fever? How can I control it?

- 6 If exercise sets off my asthma, what can I do to control that, so I can keep active?

- 7 What do I do if my asthma gradually gets worse over a few weeks?

- 8 What do I do if I have a sudden or severe asthma flare-up (an asthma attack)?

- 9 Can you please check that I am using my asthma devices and/or nasal spray correctly?

- 10 Can I have a written Asthma Action Plan? (or can you check that my written Asthma Action Plan is up to date?)

- 11 When should I see you again for an asthma review?

SPECIALIST CARE

If you've had 2 or more flare-ups in a 12 month period, request a referral to a specialist.



If you have been to hospital or an emergency department for your asthma, ensure you visit your doctor within 3 days after discharge and again in another 2-4 weeks.

Before you leave your doctor, make sure:

- Your medications have been reviewed, you know which ones to take and when and that you have enough prescriptions until your next visit
- You can use your asthma medication devices correctly
- You have an up-to-date written Asthma Action Plan
- You have booked another appointment for review
- You have requested a referral to a specialist if you've had **2 or more flare-ups in a 12 month period**



**ASTHMA
AUSTRALIA**

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Translating and
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All Asthma Australia information is consistent with the National Asthma Council's, The Australian Asthma Handbook (2019).

Asthma Australia information does not replace professional medical advice. People should ask their doctor any questions about diagnosis and treatment.

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