# **4 STAGE PLAN**

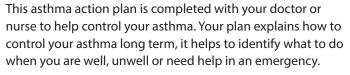
### Using a spacer

If you use a metered dose inhaler (MDI), a spacer will help get the correct dose of medication into your lungs.

Ask your doctor about a spacer, they can provide them free of charge. If you don't already have one, you need one. Spacers increase your medications effectiveness.

- 1. Shake the inhaler well (holding it upright)
- 2. Fit the inhaler into the opening at the end of the spacer
- 3. Seal lips firmly around the mouth piece,
  - press the inhaler once only
- 4. Take 4-6 slow breaths in and out through your mouth. Do not remove the spacer from your mouth between breaths
  - Remove the spacer from your mouth
- 5. Repeat steps 1-4 for further doses





If you have any questions about how to use this plan discuss it with your doctor or nurse.



## Remember:

- Keep your action plan up to date Make sure your inhalers aren't empty or
- Take your medications as prescribed
- Ensure you always carry your reliever Regularly check your inhaler technique
- with your doctor or nurse

See your doctor for an influenza vaccination every March



Download My Asthma app for asthma information, first aid, and an electronic Asthma Action Plan! Available on Google Play or Apple App Store.



#### **Produced by the Asthma and Respiratory Foundation NZ**

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# Asthma +Respiratory FOUNDATION NZ

# 4 STAGE **Asthma Action Plan**



This Asthma Action Plan belongs to:

Better breathing, better living

Washing your spacer

Wash your spacer once a week with warm water and dishwashing liquid.

Do not rinse, drip dry to ensure that your medicine gets into your lungs and doesn't stick to the sides of the spacer.

R ASTHMA ON PLAN

Name: Doctor:

Date of plan: Doctor phone:

symptoms

#### **Know your asthma symptoms**

#### Know when and how to take your medicine

#### Your asthma is under control when

- you don't have asthma symptoms most days (wheeze, tight chest, a cough or feeling breathless)
- · you have no cough or wheeze at night
- you can do all your usual activities and exercise freely
- most days you don't need a reliever

Your peak flow reading is above

	- turie ) - tir	
Preventer	puffs	every morning

# [name] puffs every night Reliever puffs when you need it to relieve your asthma

## Remember:

We strongly suggest that you use a spacer, if one can be used with your preventer inhaler

Carry your reliever at all times

Other instructions:

Other instructions:

Plan prepared by:

#### Caution- your asthma is getting worse when

- you have symptoms most days (wheeze, tight chest, a cough or feeling breathless)
- · you are waking at night with symptoms
- you are getting a cold
- you feel short of breath when you exercise

Your peak flow reading is below

#### Let's get prepared...

• Step up your preventer medicine:

Take puffs four times each day

 Use your reliever as often as needed – through a spacer, if one can be used with your reliever inhaler

#### Caution- your asthma is getting severe when

- your symptoms are getting severe (wheeze, tight chest, a cough or feeling breathless)
- your reliever is only helping for 2-3 hours, or you are using more than 12 puffs a day

• your symptoms are getting more severe quickly

• you are finding it hard to speak or breathe

• you are using your reliever every 1-2 hours

· your reliever is not helping much

• you feel you need to see your doctor

Your peak flow reading is below

**Emergency** 

#### Let's take action...

- Continue your medicine for "getting worse"
- Start prednisone if you have it:

Prednisone	mg	for	days
and then	mg	for	days

**Important:** You need to see your doctor today

# Let's keep calm...

- Dial 111 for ambulance
- Keep using your reliever as often as needed through a spacer, if one can be used with your reliever inhaler
- Even if you seem to get better seek medical help right away
- If you haven't started taking your prednisone, start now

Best peak flow: _		
, –		

Next review date:

Signature:

Your peak flow reading is below

• If you haven't started taking your pred