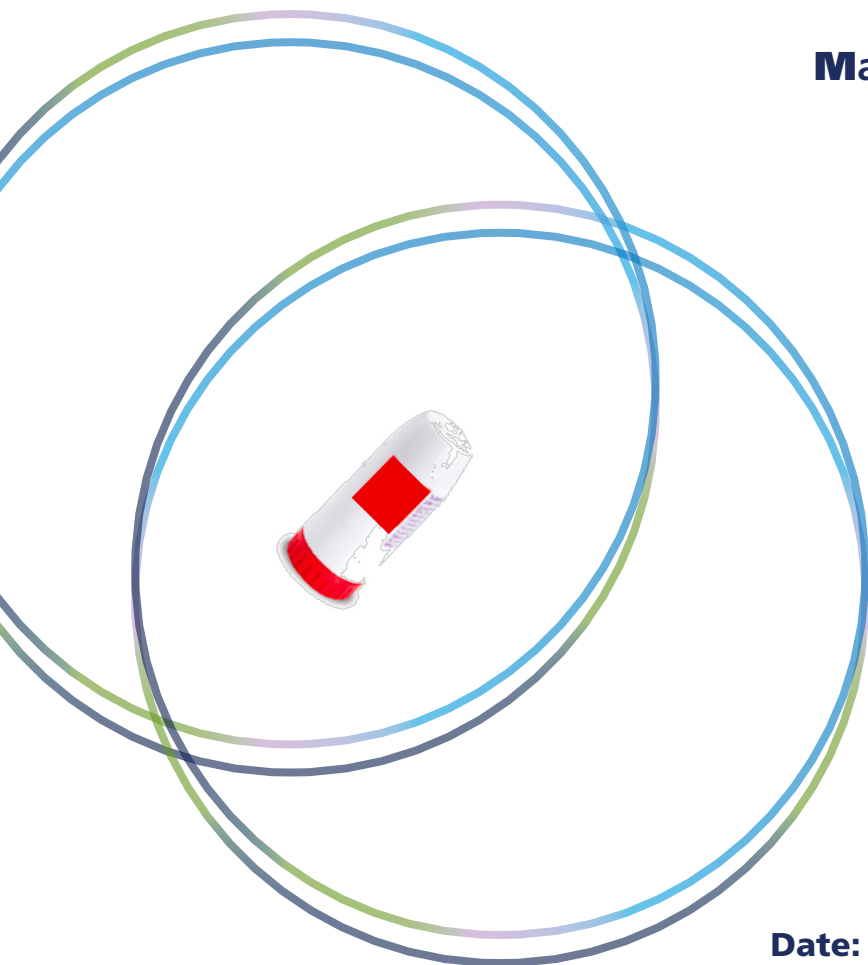


_____ 's

Asthma Plan

My SMART inhaler

Symbicort
Maintenance
And
Reliever
Therapy



Date: _____

My daily asthma medicines:

My SMART inhaler is called **Symbicort** ___/6 and is **WHITE AND RED**.

It is my preventer **AND** my reliever inhaler.

My maintenance treatment every day is:

___ inhalation(s) in the morning
and
___ inhalation(s) in the evening

My other asthma medications I take every day:

Always carry your SMART inhaler with you!



Signs my asthma is getting worse:

- _____
- _____
- _____
- _____



What do I do?

- I keep taking my **maintenance** inhalations and my other medications.
- I take **1 extra** inhalation and wait **5 minutes** (max 4 extra in a day).
- No more than ___ extra in a day I should contact my GP/asthma nurse/hospital for a review.

My asthma nurse:

Rachael Cooper

☎ 01865 227 240

☎ 07342 084 558

✉ rachael.cooper@ouh.nhs.uk

For turbohaler technique please visit:

www.asthma.org.uk/advice/inhaler-videos/turbohaler/



I'm having an asthma attack if I'm:

- Struggling to talk and walk.
- Breathing hard and fast.
- Coughing a lot.
- Wheezing a lot.
- Using the maximum extra inhalations of my **Symbicort** inhaler and it isn't helping.



When I have an asthma attack, I should:

- Take extra inhalations of **Symbicort** - no more than ____ in a day.
- **1 puff** every 1 to 3 minutes.



Feeling better?

I should get medical advice **today** (GP or hospital).



Not getting better?

- Take **10** puffs of salbutamol (blue) inhaler via a spacer.
- **Call 999.**
- Repeat **10** puffs until I feel better or help arrives.



My asthma triggers:

- _____
- _____
- _____
- _____

My next asthma review is on:

Date: _____ / _____ / _____

Time: _____ : _____

At: _____



Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Rachael Cooper and Roshni Desai
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Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



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