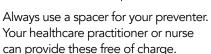
# **USAGE INSTRUCTIONS**

# Using a spacer:

If you use a metered dose inhaler, a spacer will help get the correct dose of medication into your lungs and make it more effective. Dry powder inhalers do not need spacers.



- 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 deep breaths in and out through your mouth. Do not remove the spacer from your mouth between breaths.
  - **OR** take one slow deep breath in and hold this for 10 seconds.
- 5. Repeat steps 1-4 for further doses.

# 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.











This asthma action plan is completed with your healthcare practitioner or nurse to help control your asthma. Your plan explains how to control your asthma long term, it helps to identify what to do when you are well, unwell or need help in an emergency.

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

# REMEMBER:

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- Make sure your inhalers aren't empty or out of date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

See your healthcare practice 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
ary Apple App Store



Produced by Asthma and Respiratory Foundation NZ

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asthmaandrespiratory.org.nz



# 3 STAGE Asthma Action Plan



This Asthma Action Plan belongs to:

Better breathing, better living.



Name Healthcare practitioner

Healthcare

Date of plan practice phone

# 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:

### **Preventer**

Reliever

Iname

inhalation(s) every morning

inhalation(s) every night

inhalation(s) when you need it to relieve your asthma symptoms Carry your reliever at all times.

### Other medication

_

### **Caution:**

# your asthma is getting severe when

- Your asthma symptoms are getting severe (wheeze, tight chest, a cough or feeling breathless)
- OR your reliever is only helping for 2-3 hours
- **OR** you are using more than 12 inhalations a day
- **OR** you feel you need to see your healthcare practitioner

Your peak flow reading is below:

### Let's take action...

- You need to see your healthcare practitioner today
- Continue your regular preventer AND use your reliever as often as needed to relieve symptoms
- Start prednisone if you have it

### Prednisone

mg for days

and

mg for

davs

Other instructions

# It is an emergency when

- Your symptoms are getting more severe quickly
- OR you are finding it hard to speak or breathe
- OR your reliever is not helping much
- **OR** you are using your reliever every 1-2 hours

Your peak flow reading is below:

## 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		
Plan prepared by		
Next review date		
Signature		

FEELING