

Asthma Visit Checklist

Answer the questions below before your next visit and be sure to talk with your doctor about your answers.

- In the past few weeks, have you coughed, wheezed, felt short of breath, or had chest tightness?
 - During the day? Yes No
 - At night causing you to wake up? Yes No
 - During or soon after exercise? Yes No
- Do you take your “quick-relief”(rescue) medicine more than two times a week? Yes No
- What medicines are you taking for asthma and how often do you take them?

- Does anything at home, work, or school make your asthma worse? Yes No
If yes, what is it? _____
- Have you missed work or school because of your asthma? Yes No
- Have you gone to the emergency department or been in the hospital because of your asthma? Yes No If yes, how often? _____
- Do you have an Asthma Action Plan from your doctor on:
 - What to do if you are having an asthma attack? Yes No
 - How to take your asthma medicine on days when you are not having an asthma attack? Yes No
- Have your asthma medicines caused you any problems like shakiness, sore throat, or upset stomach? Yes No
- What do you want to be able to do that you cannot do now because of your asthma?

- What other questions or concerns do you have?

Bring all your medicines with you and ask your doctor to watch how you take your inhaled medicines.