



# Working with your Doctor to Control your Asthma

These are some simple things you can do to partner with your doctor.

- Bring all your medications, spacers, and peak flow diaries to every doctor visit.
- Ask your doctor about the medicine given to your child. What is this medicine and what is it supposed to do? \_\_\_\_\_

□ How much, when, and for how long should the medicine be taken? \_\_\_\_\_

□ What are possible side effects and what can be done about them? \_\_\_\_\_

□ How long does it take for the medicine to start working? \_\_\_\_\_

□ Are there medicines or foods that should not be used while taking this drug? \_\_\_\_\_

□ Should this medicine be taken before, with, or after meals? \_\_\_\_\_

□ Is there a less expensive form of this drug available? \_\_\_\_\_

- When in doubt ask questions- write your questions down so that you don't forget them



- Provide your doctor with information that may be useful in treating your asthma- talk about problems or concerns about medicines or symptoms

□ Follow your doctors advice and if you are confused or worried. Don't be afraid to ask questions

- Keep your appointments-even if your child is doing well-find a way to remind yourself or call and change an appointment in advance

