**Fostair Maintenance and Reliever Action Plan**

You will need to monitor your asthma to make sure that everything remains stable.

**CONTROLLED ASTHMA**

My asthma is **WELL CONTROLLED when:**

I have no difficulty sleeping because of my asthma symptoms.

I have no symptoms of wheeze, cough or chest tightness day or night.

I can “Work & play” without difficulty.

I do not need additional puffs of my asthma medication.

PEAK FLOW 80% OR ABOVE BEST:

**USUAL BEST Peak Flow:**

My regular maintenance treatment is:

 **Fostair 100/6** …………………Puffs morning and evening.

**My reliever treatment is:**

One additional puff of Fostair when needed for relief of my asthma symptoms

NB Patients with exercise induced asthma are recommended to use salbutamol as reliever. MART is not preferred choice of management in these patients.

**INCREASING ASTHMA SYMPTOMS**

If over a period of two to three days my asthma is **GETTING WORSE**

I have cough, wheeze or chest tightness during the day or night.

I am having difficulty at work or play because of my breathing.

I am using more than 6 puffs of my Fostair inhaler

**I should check my peak flow**

If my peak flow is less than……………. (60% of my best):

**I should:**

Start taking my steroid tablets Prednisolone 40mg daily or contact surgery for urgent review and prescription.

**Contact surgery for review when starting steroid course.**

Continue to use my Fostair.

If I need more than 6 puffs of my Fostair during the day

**I MUST SEEK URGENT MEDICAL ATTENTION**

**ASTHMA EMERGENCY**

**SIGNS OF AN EMERGENCY**

My Fostair inhaler is not relieving my symptoms.

I am having extreme difficulty breathing.

I am too breathlessness to speak.

My peak flow is ……………………

(Less than 40% of my usual best).

**I should seek urgent medical attention by calling my doctor or going straight to the hospital or call 999**

**Emergency actions**

Sit upright and keep calm

Take one puff of my Fostair. (If I am using a MDI take one puff through the spacer)

If there is no improvement take another puff of my Fostair every 2 minutes up to a maximum of 8 puffs until help arrives.

**I should see my doctor even if my symptoms improve**