

## CLYDE EMERGENCY DEPARTMENTS

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### ADULT ASTHMA DISCHARGE LEAFLET

#### Information for patients

You have been discharged from the emergency department after receiving treatment for an asthma attack. You should monitor your symptoms at home and take the following medications as instructed.

You have been discharged on the following medications:

Name	Dose	Duration (days)
Prednisolone		
<b>PREVENTER</b> inhaler (take EVERY day)		
<b>RELIEVER</b> inhaler (rescue inhaler, take when unwell – usually Salbutamol)		
Other		

Remember to continue to take your regular preventer inhaler, this helps to reduce the risk of further asthma attacks.

Please ensure that you have an adequate supply of your inhaler(s) at home, if not please attend your GP. Information and useful videos demonstrating how to use your inhaler can be found at [www.asthma.org.uk](http://www.asthma.org.uk)

#### Triggers

Common things that trigger asthma symptoms include smoking, pollen, animals, infections, cold air and medications like ibuprofen and naproxen. Please consider if any of these affect you and avoid them where possible.

#### Next steps

1. Continue to take your medications as instructed
2. Make an urgent appointment with your GP within two days of discharge from the emergency department
3. Monitor your symptoms and peak flow at home

#### When to return to the emergency department

- If your reliever inhaler (usually Salbutamol and coloured blue) is not helping your symptoms or you are using this more than every 4 hours
- If you are unable to complete full sentences in one breath
- If you are experiencing difficulty in breathing

#### What to do during an asthma attack

1. Sit up, try to remain calm
2. Take one puff of your reliever (rescue) inhaler every 30 to 60 seconds for up to 10 puffs
3. If there is no improvement in your symptoms or your peak flow is less than 50% of your normal phone 999

#### Peak flow

My usual/ best predicted peak flow is .....

Further useful information about asthma can be found at [www.asthma.org.uk](http://www.asthma.org.uk)