

# Asthma



Information for patients

## THINGS YOU NEED TO DO WHEN YOU GET HOME

- ❖ You should see your GP or Practice Nurse within **two days** to check that your asthma symptoms are settling.
- ❖ Remember to use your preventer inhaler every day as prescribed, even when you have no symptoms.
- ❖ If prescribed a course of oral steroids (Prednisolone) please take as directed.
- ❖ Chart your peak flow recordings in your diary. Checking your peak flow recordings at home will help you to see how well your asthma is controlled. If you do not have a peak flow meter or diary, contact your GP or Practice Nurse. They can provide one and instruct you how to use it.
- ❖ See your GP or Practice Nurse to agree a personalised asthma action plan to help manage your asthma.

## IS YOUR ASTHMA UNDER CONTROL?

If after discharge you notice any of the following:

- ❖ Your symptoms are getting worse (*breathless, wheeze, cough or chest tightness*);
- ❖ You have difficulty sleeping because of your asthma;
- ❖ You are using your reliever inhaler more and it lasts a shorter time;
- ❖ You have difficulty doing your normal daily activities;
- ❖ You are getting a cold.

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See your GP or Practice Nurse or phone NHS 24 on 111 for advice.

**Remember! Always attend your yearly asthma review with your GP or Practice Nurse even when you are well.**

## USEFUL CONTACTS

### Asthma UK Scotland

4 Queen Street, EDINBURGH, EH2 1JE  
Tel: 0131 226 2544  
Email: [scotland@asthma.org.uk](mailto:scotland@asthma.org.uk)  
Website: [www.asthma.org.uk](http://www.asthma.org.uk)  
Online Forum available.

### British Lung Foundation Scotland

Suite 110-111, Baltic Chambers,  
50 Wellington Street, GLASGOW G2 6HJ  
Tel: 0141 248 0050  
Email: [scotland@blf.org.uk](mailto:scotland@blf.org.uk)  
Website: [www.blf.org.uk](http://www.blf.org.uk)  
Online Forum available

### British Thoracic Society

17 Doughty Street, LONDON WC1N 2PL  
Tel: 020 7831 8778  
Email: [bts@brit-thoracic.org.uk](mailto:bts@brit-thoracic.org.uk)  
Website: [www.brit-thoracic.org.uk](http://www.brit-thoracic.org.uk)

### Chest Heart & Stroke Scotland

Head Office, Third Floor, Rosebery House,  
9 Haymarket Terrace, EDINBURGH EH12 5EZ  
Tel: 0131 225 6963 / Fax: 0131 220 6313  
Email: [admin@chss.org.uk](mailto:admin@chss.org.uk)  
Website: [www.chss.org.uk](http://www.chss.org.uk)

### Emergency Department

University Hospital Hairmyres	01355 584716
University Hospital Monklands	01698 752005
University Hospital Wishaw	01698 366630
NHS 24	111

If you need this information in another language or format, please contact the NHS Lanarkshire General Enquiry Line on 0300 303 0243 or e-mail [info@lanarkshire.scot.nhs.uk](mailto:info@lanarkshire.scot.nhs.uk)