

# Asthma Visit Checklist

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

1. 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
2. Do you take your "quick-relief"(rescue) medicine more than two times a week? Yes  No
3. What medicines are you taking for asthma and how often do you take them?

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4. Does anything at home, work, or school make your asthma worse? Yes  No   
If yes, what is it? \_\_\_\_\_
5. Have you missed work or school because of your asthma? Yes  No
6. Have you gone to the emergency department or been in the hospital because of your asthma? Yes  No  If yes, how often? \_\_\_\_\_
7. 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
8. Have your asthma medicines caused you any problems like shakiness, sore throat, or upset stomach? Yes  No
9. What do you want to be able to do that you cannot do now because of your asthma?

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10. What other questions or concerns do you have?

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



This material was developed by GlaxoSmithKline.