

## *For Your Doctor's Visit*

**Fill out this form and take it to your next doctor's visit.**



### **Things to bring to the visit:**

- **Asthma Action Plan** - Your doctor may need to fill in your action plan
- **Asthma Medications** - You can bring your medications in a small bag.
- **Asthma Devices** - Bring any peak flow meters, spacers, nebulizers, or anything else you use to take care of your asthma.
- **This form** - this will help the doctor determine if the current treatment plan needs to be changed or updated.

### **List any questions you have for the doctor below:**

- 1.
- 2.
- 3.

**Questions to answer before doctor's visit (fill in below. If you are taking a child, fill in the form for them):**

1. How many times have you had symptoms in the last week during the day? During the night?
2. How many days of school, work, or child care have you missed due to asthma?
3. How many times do you use quick relief medication each week?
4. How many times have you been to the emergency room for asthma since your last visit?
5. How many times have you been hospitalized for asthma since your last visit?
6. Have there been any new changes to your environment since last visit?
7. What things seem to make your asthma symptoms worse?
8. If you have a peak flow meter, what was your peak flow reading the morning of the visit?

