

Patient  
 Information

# Asthma Action Plan and Peak Flow Diary

## Introduction

You have been given this booklet to help you manage your asthma. A peak flow diary is provided for you to record your peak flow readings. There is also space for you to record any symptoms you may have.

Name:
Date:
Best/predicted peak flow:

Asthma is a variable condition which can change for no apparent reason or as a result of exposure to known triggers.

## Symptoms to look out for are:

- Night-time wakening with wheeze, cough or trouble breathing
- Cough or wheeze on physical exertion
- Blue reliever inhaler is less effective than usual
- Fall in the peak flow reading

## Asthma action plan

If you have any of these symptoms, and/or the peak flow falls to  (75%), take the blue inhaler as often as required, and double your  to  puffs  times a day.

If your symptoms continue to get worse, and/or your peak flow falls to  (50%), take Prednisolone 30/40mg once a day until your peak flow returns to your usual value and for a further 2 days.

**Continue to take your inhalers as above.**

Reference No.

**GHPI0786\_06\_21**

Department

**Respiratory**

Review due

**June 2024**

**Patient  
Information****It is an emergency if:**

- You have a very tight chest finding it hard to breath
- You are unable to walk or talk properly
- Your blue inhaler does not help
- Your peak flow is under \_\_\_\_\_ (33%)

**Do not be afraid to call an ambulance for help**

If possible, let someone know you are unwell. Continue to take your blue inhaler until help arrives.

Try to stay as calm as possible.

**How to use your peak flow meter**

- Set the marker to zero
- Stand, holding the meter horizontally near your mouth
- Take a deep breath in
- Seal your lips around the mouthpiece
- Blow out hard and fast into the meter
- Write down the reading of the marker
- Repeat the sequence twice more
- Record the highest of the 3 readings

**Respiratory nurses contact numbers**

Gloucestershire Royal Hospital  
Tel: 0300 422 5968

Cheltenham General Hospital  
Tel: 0300 422 4432



**Patient Information**

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