

## USAGE INSTRUCTIONS

### Using a spacer:

If you use a metered dose inhaler, a spacer will help get the correct dose of medication into your lungs and make it more effective. Dry powder inhalers do not need spacers.

Always use a spacer for your preventer. Your healthcare practitioner or nurse can provide these free of charge.

1. Shake the inhaler well (holding it upright).
2. Fit the inhaler into the opening at the end of the spacer.
3. Seal lips firmly around the mouth piece, press the inhaler once only.
4. Take 4-6 slow deep breaths in and out through your mouth. Do not remove the spacer from your mouth between breaths.

**OR** take one slow deep breath in and hold this for 10 seconds.

5. Repeat steps 1-4 for further doses.

### Washing your spacer:

Wash your spacer once a week with warm water and dishwashing liquid.

**Do not rinse, drip dry** to ensure that your medicine gets into your lungs and doesn't stick to the sides of the spacer.



This asthma action plan is completed with your healthcare practitioner or nurse to help control your asthma. Your plan explains how to control your asthma long term, it helps to identify what to do when you are well, unwell or need help in an emergency.

If you have any questions about how to use this plan, discuss it with your healthcare practitioner or nurse.



Produced by the  
Asthma and Respiratory Foundation NZ  
[info@asthmaandrespiratory.org.nz](mailto:info@asthmaandrespiratory.org.nz)  
[asthmaandrespiratory.org.nz](http://asthmaandrespiratory.org.nz)

# AIR

## Asthma Action Plan



This Asthma Action Plan belongs to:

**Better breathing, better living.**

Name \_\_\_\_\_

 Healthcare  
practitioner \_\_\_\_\_

Date of plan \_\_\_\_\_

 Healthcare  
practice phone \_\_\_\_\_

### Know your asthma symptoms...

FEELING GOOD

#### Your asthma is under control when

- You don't have asthma symptoms most days (wheeze, tight chest, a cough or feeling breathless)
- You have no cough or wheeze at night
- You can do all your usual activities and exercise freely
- Most days you do not need extra budesonide/formoterol inhalations

Your peak flow reading is above:

### Know when and how to take your medicine...

#### Regularly scheduled

budesonide/formoterol:

 inhalation(s)  
every morning

 inhalation(s)  
every night

#### As needed

budesonide/formoterol:

 1 inhalation when you need it to  
relieve your asthma symptoms

Budesonide/formoterol is a 2-in-1 treatment used for both prevention and relief of symptoms. Carry this at all times. You do not need an extra inhaler as a reliever.

#### Other medication


### Let's take action...

- You need to see your healthcare practitioner today
- Continue any regular budesonide/formoterol PLUS 1 inhalation of your budesonide/formoterol when needed to relieve symptoms
- Start prednisone if you have it

#### Prednisone

mg for      days

and then

mg for      days

### Other instructions


### It is an emergency when

- Your symptoms are getting more severe quickly
- OR you are finding it hard to speak or breathe
- OR your budesonide/formoterol is not helping much
- OR you are using your budesonide/formoterol every 1-2 hours

Your peak flow reading is below:

### Let's keep calm...

- Dial 111 for ambulance
- Keep using your budesonide/formoterol as often as needed
- Even if you seem to get better seek medical help right away
- If you haven't started taking your prednisone, start now

EMERGENCY

Best peak flow \_\_\_\_\_

Plan prepared by \_\_\_\_\_

Next review date \_\_\_\_\_

Signature \_\_\_\_\_