

Asthma Recovery Plan

6 Years and Over

Patient Label

Date of commencement: Weight: Kgs
Prednisolone dose mg (..... mls) daily for the next days**



ALWAYS USE YOUR SPACER

Day One: (after discharge)

Take 12 puffs of Salbutamol (Blue reliever puffer) via spacer every 3-4 hours*
Take your prescribed prednisolone dose with morning meal*

*** IF NEEDING the BLUE RELIEVER PUFFER more often than 3 hourly
+ /or your child is having any difficulty breathing**

RETURN TO HOSPITAL

Day Two: (after discharge)

Take 12 puffs of Salbutamol (Blue reliever puffer) via spacer every 4-6 hours*

Day Three: (after discharge)**

Take 12 puffs of Salbutamol (Blue reliever puffer) via spacer every 4-6 hours*

Day Four onwards —> Follow your Asthma Action Plan

**** If your child is instructed to continue recovery treatment
please follow instructions on the reverse side of this plan. ****

**CONTACT YOUR GP
IF YOU ARE CONCERNED ABOUT
THE RECOVERY OF YOUR CHILD**

OTHERWISE

**FOLLOW UP WITH YOUR GP
FOR AN ASTHMA REVIEW IN 2-4 WEEKS
DON'T FORGET TO TAKE THIS PLAN WITH YOU**

Your preventer instructions

PREVENTER One: Take your , puffs/tablet per day.

PREVENTER Two: Take your , puffs/tablet per day.

Other Information (record any instructions regarding exercise, when to return to school and any additional preventers)

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* Cross out any days not required (Dr Use only)

Instructions for additional recovery treatment

*Cross out any days not required (Dr Use only)

Continue **Prednisolone** for another days to be given with morning meal.

This is a weaning dose over days.

Date	Day	Dose	mls	mg
Date	Day	Dose	mls	mg
Date	Day	Dose	mls	mg
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Date	Day	Dose	mls	mg
Date	Day	Dose	mls	mg
Date	Day	Dose	mls	mg

Continue **your BLUE reliever puffer (Salbutamol)** every 4 to 6 hours for another days then use it only as required.

Asthma Symptom and Treatment Diary:

Use the space below to record any additional doses of Salbutamol given. Record asthma symptoms and response to reliever treatment.

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FOLLOW UP WITH YOUR GP FOR AN ASTHMA REVIEW IN 2-4 WEEKS

DON'T FORGET TO TAKE THIS PLAN WITH YOU

*** IF NEEDING the BLUE RELIEVER PUFFER more often than 3 hourly +/or your child is having any difficulty breathing RETURN TO HOSPITAL**

