

Be Prepared at Each Visit to the Doctor

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Your child's doctor is there to help you, but time is short. The more you can stay focused on YOUR questions, the better for you, your child, and the doctor. Share your concerns and questions about your child's asthma every time you see the doctor. If the doctor makes an appointment for you to come back in a few weeks, keep it even if your child is feeling well. Each appointment is an opportunity to ask questions. Use this list of questions to help you remember.

Questions about Asthma and Asthma Medications

- How serious is my child's asthma?
- What can I do to make my child's life as asthma-free as possible?
- Should my child be taking controller medicine every day to prevent asthma symptoms?
- How long after my child takes the quick-relief medicine will he or she feel better?
- Will my child have side effects from the medications?
- Should my child receive a flu shot or the pneumonia vaccine?
- Can my child take over-the-counter medications along with his/her asthma medications?
- What about alternative medicines like teas?
- What do I do if my child's medication runs out and I have no refills?
- How do I use my child's Asthma Action Plan?

Questions about What to do during an Asthma Attack

- Who can I call for advice after office hours if I am not sure what to do?
- How often can my child use the quick-relief or rescue inhaler before consulting the doctor?
- How do I know if this is an emergency?
- Where should I take my child in an emergency?
 - during the day?
 - during the night?
- How do I know when an ambulance is necessary?

Information you Should Tell Your Doctor

- Bring all of your child's medicines and delivery equipment with you. This includes spacers, peak flow meters, and nebulizers or at least the brand and how old the nebulizer is.
- Be prepared to tell the doctor about what has happened over the last two weeks. You should report how often your child has had symptoms, what the symptoms were, and how you treated them.
- If your child is in daycare, find out if your daycare center has someone who is qualified to administer medications to your child and let the doctor know.
- **If your child is in elementary school, find out who the school nurse is and give his or her name and contact information to the doctor.** The doctor can fill out a form to allow the nurse to give medicines to your child in school.

[‹ How to use the Asthma Action Plan: A Parent's Step by Step Guide](#) [up](#)
[Summary of Be Prepared ›](#)

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