

## What should I do to prepare for the doctor's visit?

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Be ready to tell your doctor about your child's asthma symptoms. **Your doctor will need to know how often and how bad your child's asthma symptoms have been in the past two weeks.** Preparing for your doctor's visit can help your doctor better treat your child. **You should prepare for the doctor's visit by doing the following three things:**

**1. Pay close attention to when your child has breathing problems.**

- Make sure to listen for the little signs of asthma — little dry coughs or noisy breathing.

**2. Use the asthma symptom log on page 15 to keep track of how often your child has trouble breathing.**

- For the next week or until you go to the doctor, keep track of symptoms during the day and night.
- When your child has even a small cough during the day or night, start using the log on that day.
- **If the symptoms look like they are getting worse, don't wait any longer. Call your doctor.**

**3. Take the asthma symptom log with you to the doctor.**

[Log >](#)      [< I think my child has asthma. Now, what should I do?](#)      [up](#)      [Asthma Symptom](#)

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