

MEDICINES ON DISCHARGE

It is important to take the medicines the doctor has prescribed. To keep you safe, for the next few days you will need to take:

Salbutamol (blue inhaler) with a spacer

Day	Number of puffs	How often
Day of discharge	10 puffs	Every 4 hours
1	10 puffs	Every 6 hours
2	10 puffs	Every 8 hours

After this, please use your wheeze plan.

Barts Health NHS Trust (2017)

Prednisolone (oral steroid):

Day	Time	Dose

Regular preventative treatment:

Name	Dose	How often

It is very important to make an appointment with your GP two days after being seen in hospital. This is to make sure you are recovering well.

DO

- See your GP in two days
- Keep the wheeze plan somewhere safe, or take a picture on your smartphone
- Keep a blue inhaler and spacer with you all the time. You might need it again.

DON'T

- Throw away your blue inhaler or spacer
- Stop the preventer medicines before seeing a doctor
- Be scared to ask questions if you are worried or want to know more.

ASTHMA PLANS

You will be given an asthma plan on discharge from the hospital, which tells you when to use the medicines.

When you are unwell, or you are worried, you can use the asthma plan to know what to do. If you haven't been given one yet, please ask your nurse or doctor.

MORE INFORMATION

Asthma UK has a lot of information that will help you to learn about, and deal with asthma and wheeze. They have a helpline, a website and a Whatsapp helpline: www.asthma.org.uk 0300 222 5800 | Whatsapp:07378 606728

STOP SMOKING:

Smoking can cause and worsen breathing problems. For support stopping, visit stopsmokinglondon.com or call 0300 123 1044 to find out what support is available in your area.

If you would like this information in an alternative format, or if you need help with communicating with us, please let us know. You can call us on 01708 435 454 / 020 8970 8234 or email bhrut.pals@nhs.net. If you are deaf or unable to communicate with us using telephone or email, we have a text service which can be contacted on 07800 005 502.

Patient Information No: 862
Created in: November 2019
Revision date: November 2021

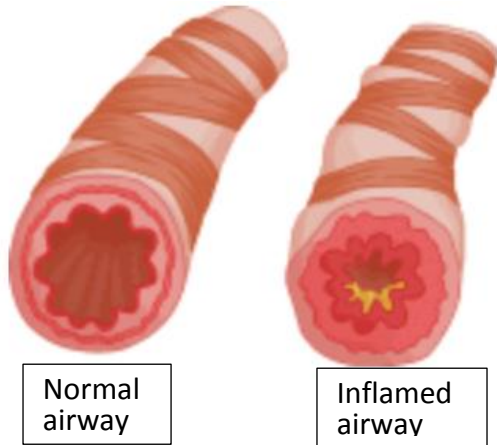


**YOU HAD AN
ASTHMA ATTACK
AND WERE SEEN IN
HOSPITAL**

WHAT IS ASTHMA?

If you have asthma, it means that the smaller airways (breathing tubes) in your lungs are **inflamed**, meaning they are red and sore inside.

When the airways are inflamed, this can cause you to cough, to wheeze (a whistling noise when breathing) or can make breathing harder.



If this worsens, it can lead to an **asthma attack**. During an asthma attack, the breathing tubes have become more swollen, red and sore inside. The tubes have also become tight because the muscles around the tube are squeezing them from the outside.

Both these things make the space inside the airway smaller and this means the air needs to **squeeze through**, making a wheeze sound. Some people also feel 'tight' or can't catch their breath.

We call things that make this worse '**triggers**', because they can cause the breathing tubes to become more inflamed. **Triggers** are different

for everyone, but could be things like colds, the weather, exercise, dust, pollens, cigarette smoke or air pollution.

WHAT DOES THIS MEAN FOR ME?

This means that you will need to take some medicines for as long as you are diagnosed with asthma. Having asthma can be difficult at first, or if things are not under control, but it can be managed easily for most people by taking these medicines in the right way. There are different kinds of medicines that people with asthma take, to keep them well. They are called **preventers** and **relievers**.

WHAT ARE PREVENTERS?

Preventer medicines work on the lining of the breathing tubes, to help keep the inflammation under control. This means that they help to stop the redness and soreness which causes the symptoms. It is really important to take the preventer every day, even when you feel well. A preventer is usually an inhaler (sometimes called a puffer) which is usually brown or purple. These must be taken through a spacer unless you are told otherwise.

Some preventers are taken by mouth and these are usually a chewable tablet.

WHAT ARE RELIEVERS?

Reliever inhalers work on the muscles around the airways (breathing tubes) to open the tubes. They work by telling the muscles to relax, which opens the tubes and makes it easier for air to pass through.

This is the medicine that will work quickly when you are unwell with your asthma. Reliever inhalers are usually blue.

There are lots of different medicines for asthma. Check with your healthcare professional if you are concerned.

WHY ARE SPACERS SO IMPORTANT?

When we spray inhalers, the medicine comes out very fast. Spacers are tubes that help slow down the medicine. This means we can breathe it into the smaller airways in the lungs, where it needs to work.

HOW TO USE THE SPACER:

- 1 Shake the inhaler
- 2 Blow out, emptying your lungs
- 3 Get a good seal with your mouth around the mouthpiece
- 4 Spray the inhaler once
- 5 Take five slow, gentle breaths in and out OR one long, gentle breath in
- 6 Wait 30 seconds, and repeat until you have completed your puffs.

Spacers should be taken apart and washed about once a month, in hot soapy water, just like your dishes. They should be left to drip-dry, never dry the spacer using a cloth.

