

Patient information from BMJ

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Asthma in adults: questions to ask your doctor

If you have been diagnosed with asthma, you might want to ask your doctor some of these questions:

- How bad is my asthma?
- Will I need to measure my peak flow at home? If so, how often?
- Do I need to take medication regularly to prevent the symptoms?
- When do I use a preventer? When do I use a reliever?
- Do I need to use inhalers or take pills, or both? Will I be shown how to use an inhaler correctly?
- What are the side effects of asthma medications?
- Will I need to take steroids?
- I've heard that steroids can give you long-term side effects. Will these happen to me? Do the side effects happen only with steroid pills or can they happen with steroid inhalers?
- What should I do when I have an asthma attack?
- How often will I need to use my reliever inhaler? What should I do if I'm using it more than that?
- What happens if my reliever inhaler doesn't seem to be helping?
- How often will you want to see me to check my asthma?
- Will I need to take more medication as I get older?
- Is there anything I can do to stop my children from getting asthma?
- Are there any jobs I can't do because of my asthma?
- I know that people can die from an asthma attack. Could that happen to me? What can I do to reduce the chance of this happening?
- Is there anything you think may be triggering my asthma attacks?

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