

Asthma Visit Checklist

Answer the questions below before your next visit and be sure to talk with your doctor about your answers.

1. In the past few weeks, have you coughed, wheezed, felt short of breath, or had chest tightness?
- During the day? Yes No
 - At night causing you to wake up? Yes No
 - During or soon after exercise? Yes No
2. Do you take your “quick-relief” (rescue) medicine more than two times a week? Yes No
3. What medicines are you taking for asthma and how often do you take them?
- _____
- _____
- _____
- _____
4. Does anything at home, work, or school make your asthma worse? Yes No
- If yes, what is it? _____
5. Have you missed work or school because of your asthma? Yes No
6. Have you gone to the emergency department or been in the hospital because of your asthma? Yes No
- If yes, how often? _____
7. Do you have an Asthma Action Plan from your doctor on:
- What to do if you are having an asthma attack? Yes No
 - How to take your asthma medicine on days when you are not having an asthma attack? Yes No
8. Have your asthma medicines caused you any problems like shakiness, sore throat, or upset stomach? Yes No
9. What do you want to be able to do that you can't do now because of your asthma?
- _____
- _____
10. What other questions or concerns do you have?
- _____

Bring all your medicines with you and ask your doctor to watch how you take your inhaled medicines.