



Your name:

Your Doctor/Nurse/Pharmacist's name:

DIAGNOSIS

You have just been diagnosed with asthma


This is your **Info Prescription** - it tells you where to go to get more information and support. **Keep it, use it and share it** with friends and family.

TEAR ALONG HERE

Your doctor may have explained what asthma is but it is normal to still have lots of questions and feel worried. This handout gives you a list of organisations and people

who are here to help you. Keep it safe, as you might want the information again.



 If you are unsure about anything your doctor has told you, the words used or what having asthma will mean for you, turn over the page and contact the **Asthma UK Adviceline**.

There is plenty you can do to manage your asthma. By understanding your medicines and avoiding the things that you know make it worse - your asthma 'triggers' - you can lead a full and active life.



Get answers to questions about your diagnosis at www.infoprescription.org.uk

Patient Name _____

Patient ID No. _____

Date _____



MORE INFORMATION AND HELP:

Get friendly advice from an Asthma UK asthma nurse specialist:

- ☎ 08457 01 02 03 for a confidential chat (in up to 100 languages)
Weekdays 9am–5pm. Calls charged at a local rate of 4p per minute.
Summit House, 70 Wilson Street, London EC2A 2DB

Get answers to questions about your diagnosis:

- 🌐 www.infoprescription.org.uk

Get more information and support from Asthma UK:

- 🌐 www.asthma.org.uk

If you need support in your own language contact CITAS Advocacy:

- ☎ 0208 600 3830

**If you don't have access to the internet at home,
visit your local library for free access and help.**

