



Your name:

Your Doctor/Nurse/Pharmacist's name:

ASTHMA REVIEW

You have just had your asthma review

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

You might still have questions about your medicines or how to keep your asthma under control. This handout gives you a list of organisations and people who are here to help you. Keep it safe, as you might want to use it again.

If you are unsure about anything your doctor or nurse has told you at your review, the words used, or medicines prescribed, turn over the page and contact the **Asthma UK Adviceline**.

To help you manage your asthma it is important to make sure you understand any changes to your asthma medicines and to continue to have regular asthma reviews. By getting the best advice **you can help yourself and continue to lead a full and active life**.

 Over the page is a list of people who are ready to listen and support you.



Get answers to questions about your asthma review 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 asthma review:

- 🌐 www.infoprescription.org.uk

Get more information and support from Asthma UK:

- 🌐 www.asthma.org.uk

Go on a free course to help you manage your condition:

Expert Patients Programme

- ☎ 020 8846 6803

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.**

