

I'm having an Asthma attack, what should I do?

- 1) **Sit upright** as this will help you use your lungs fully.



- 2) **Stay calm** and **loosen any tight clothing**.



- 3) Take one puff of your **reliever inhaler** (usually your blue one) every 30 to 60 seconds. Use your **spacer** if you have one. Take as many as **10 puffs**.



- 4) If you feel worse at any time or no better after 10 puffs, you should **dial 999 for an ambulance**.



- 5) **Repeat step 3** until your ambulance arrives.

Useful Links:

www.asthma.org.uk

www.nhs24.scot

Call an asthma nurse expert

(Mon-Fri 9am-5pm)

0300 222 5800

Call 111

Images attributed to:

<https://mulberrysymbols.org/>



Going Home After an Asthma Attack

Information for Patients

Emergency Department,

Royal Infirmary of Edinburgh

You have been given this leaflet as you have had an asthma attack and are now well enough to manage at home.

Asthma can make you quite unwell so it is important that you read and understand this leaflet and follow the advice given to try to avoid a bad attack in the future.

- If you have been given **steroids** then you should take them as prescribed. Even if you feel you are better they will help to make sure the attack resolves fully.
- A staff member should have checked **how you use your inhaler** to make sure you are doing it right. If they haven't you should ask them to as you may need a bit of help or another piece of kit to make sure you are getting the medicine in the best way.
- You should aim to see your **GP in the next 48hrs**. They will make sure you are managing and see if you need any other changes to your asthma.
- If you have a peak flow device, **blowing 80% or more** than what is normal for you on a good day lets you know you are managing well.
- Asthma and **smoking** is not a good combination so if you haven't thought about it already then now is probably a good time to see your local pharmacist or GP to help you quit.

If you feel you are not managing at any point you should seek medical attention but here are ways of recognising an attack and the steps you should take:

How do I know I'm having an Asthma attack?

- Your chest feels tight
- You are wheezing or coughing more than normal
- You are struggling to walk or talk
- Your reliever inhaler (usually blue) is not helping or you are using it more than every four hours

