



Doctor Discussion Guide

Name _____

Date of Birth _____

Directions: Complete the Doctor Discussion Guide and take it with you to your next doctor's appointment to help you relay important information about your asthma to your doctor.

1) What medications are you currently taking for your asthma?

_____ How much _____ How often _____
_____ How much _____ How often _____
_____ How much _____ How often _____

2) How often do you use your quick-relief inhaler? Do not count using your quick-relief inhaler to prevent exercise-induced bronchospasm.

3) What other medications (not listed above) are you taking?

_____ How much _____ How often _____
_____ How much _____ How often _____
_____ How much _____ How often _____
_____ How much _____ How often _____

4) Have you experienced any asthma symptoms since your last visit?



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5) Have your asthma symptoms woken you up at night since your last visit?
If so, when and how often?

6) Do your asthma symptoms stop you from participating in your regular activities?

7) Do you have a completed Asthma Action Plan?
If yes, how often have you been in the yellow or green zones since your last visit?
