My Medicines—How Can I Get the Most From Them?

Fill out a medicine chart like the one below and talk with your doctor or pharmacist. This will help you take the right dose, at the right time. Include all medicines that you take for all reasons.

- Quick-relief (rescue) asthma medicines are used on an "as needed" basis.
- You may think you can stop using your asthma controller medicine once you feel fine. But your controller medicine is the most likely reason why you feel fine. Your airways still need it every day to treat and prevent symptoms.

Name and Strength of Medicine	How Much I Take	When I Take It	I Take It for	Dates to Refill Rx	Special Instructions

Doctor's office contact name / phone number

Pharmacy contact name / phone number

GlaxoSmithKline © 2007 The GlaxoSmithKline Group of Companies All rights reserved. Printed in USA. HMI447R0 October 2007