



My Doctor Visits— How Can I Get Ready?

Prepare before you go to your doctor's office. Check off the statements that apply to you and discuss with your doctor.

Since my last visit:

- I have taken my controller medicine(s) as directed
 every day most days some days not at all

- I have used my quick-relief medicine more than 2 times a week.

- My medicines have caused side effects that bother me.

- I have followed my Asthma Action Plan.

- My peak flow levels have been in the green zone most of the time.

- I have been awakened by my asthma symptoms (more than 2 times per month).

- My asthma has caused me to miss work or other activities.

- I have had emergency room visits or hospital stays due to asthma.

- I have made progress on my asthma goals.