

HEALTH PROFESSIONAL'S NAME

Asthma

infoPrescriptions



Working together to improve care for people with long-term conditions



Hammersmith and Fulham 
Primary Care Trust



Your name:

Your Doctor/Nurse/Pharmacist's name:

DIAGNOSIS

You have just been diagnosed with asthma

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

Your doctor may have explained what asthma is but it is normal to still have lots of questions and feel worried. This handout gives you a list of organisations and people

who are here to help you. Keep it safe, as you might want the information again.



i If you are unsure about anything your doctor has told you, the words used or what having asthma will mean for you, turn over the page and contact the **Asthma UK Adviceline**.

There is plenty you can do to manage your asthma. By understanding your medicines and avoiding the things that you know make it worse - your asthma 'triggers' - you can lead a full and active life.



Get answers to questions about your diagnosis 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 diagnosis:

- 🌐 www.infoprescription.org.uk

Get more information and support from Asthma UK:

- 🌐 www.asthma.org.uk

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.**





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 _____

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

Expert Patients Programme

- ☎ 020 8846 6803

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ASTHMA

WORSENING SYMPTOMS



Hammersmith and Fulham 
Primary Care Trust

info Prescription



Your name:

Your Doctor/Nurse/Pharmacist's name:

WORSENING SYMPTOMS

Your asthma has got worse

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

Sometimes you may find your asthma gets worse and you may have an asthma attack. This handout gives you a list of organisations and people who can help you to stop this from happening again. Keep it safe, as you might want to use it again.

If you are unsure about anything your doctor or nurse has told you, the words used or want to know more about how you can get your asthma under control,

turn over the page and contact the **Asthma UK Adviceline.**

Many asthma attacks can be avoided by knowing what to do when your asthma starts to get worse. By getting the best advice **you can 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 when your asthma gets worse at www.infoprescription.org.uk

Patient Name

Patient ID No.

Date



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