

# Going Home with Wheeze or Asthma Plan

## 1st 24 hours after discharge

Reliever:  
**Give 10 puffs every 3-4 hours**

Preventer:

Steroid tablets:

What if my child needs their reliever more often?  
**Give the reliever as often as you think it's needed AND get urgent medical advice**

What do I do if my child is sleeping?  
**Do not wake them. If your child does wake during the night give the inhaler then**

## Days 2 - 3

### If improving:

Reliever :  
**Cut to 2-5 puffs every 4-6 hours**

Preventer: **Give agreed dose**

Steroid tablets:

How will I know if my child is improving?  
**Breathing will be quieter, slower & easier**  
**Less cough & wheeze**  
**Eating, drinking & talking better**

Can I cut down the number of puffs of the reliever?  
**Yes, as your child improves cut down the number of puffs and then increase the time between**

### If not getting better:

Reliever:  
**Keep giving 10 puffs every 3-4 hours**

Preventer: **Give agreed dose**

Steroid tablets:

How will I know if my child is getting worse?  
**Faster breathing or too breathless to walk or play**  
**Cannot talk or feed easily**  
**Skin colour may become pale or grey**

What should I do if my child does not seem to be getting better?  
**Get medical advice**  
**In the meantime, continue giving reliever as often as you think it's needed**

## Day 4

### If fully recovered:

Reliever: **Give 2 puffs as required**

Preventer: **Give agreed dose**

Steroid tablets:

How do I know if my child is fully recovered?  
**Child will have no asthma or wheeze symptoms**

### If not getting better:

Reliever:  
**Keep giving 10 puffs every 3-4 hours**

Preventer: **Give agreed dose**

Steroid tablets:

What do I do if my child is not better by day 4?  
**Continue giving reliever as often as you think it's needed**  
**Get medical advice**

Child's name:

Doctor signature:

Date: / /