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Your Asthma Appointment

# Doctor Discussion Guide

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GoodRx Health

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YOUR CHECKLIST TO

# Prepare For Your Appointment

Whether you have a new or long-standing diagnosis of asthma, there are a few things you can expect at your visit.

**Be prepared** to answer questions about your:

WRITE YOUR ANSWERS HERE

☐ Medications & supplements

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☐ Environment

*Such as where you work and  
who you live with*

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☐ Exercise, diet & social habits

*Such as smoking*

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☐ Medical history

*Including any hospitalizations for  
asthma*

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☐ Family medical history

*If you know it*

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# Prepare For Your Appointment (CONTINUED)

When it comes to your symptoms, it helps to be as specific as possible. You may want to record how your asthma affects you and bring your notes to your visit.

Be prepared to answer questions about how often you:

WRITE YOUR ANSWERS HERE

- ☐ Need your rescue inhaler

*If you have one*

- ☐ Have daytime asthma symptoms

- ☐ Wake up at night due to asthma symptoms

- ☐ Have limitations in daily activities

Your provider will probably also talk to you about triggers — anything that seems to make your asthma symptoms worse. So it might help to keep and bring a list of those.

- ☐ List of triggers

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_