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Asthma

# 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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YOUR CHECKLIST TO

# 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. \_\_\_\_\_

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QUESTIONS TO HELP YOU...

# Understand Your Condition

*Here are some questions that can help you better understand and manage your condition. Since time with your provider may be limited, it may help to prioritize the questions that are most important to you:*

**1** How severe is my asthma?

NOTES:

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**2** Does asthma increase my risk for anything else?

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**3** What can I do to reduce flare-ups?

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**4** How can I avoid getting sick so it doesn't worsen my asthma?

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**5** Do I need an asthma action plan?

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**6** How often will I need to do pulmonary function tests (PFTs)?

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1. How **often** you have symptoms
2. How **severe** your symptoms are
3. How your symptoms **affect you**
4. Your **pulmonary function testing (PFT)** results

- 1 Keep your asthma **controlled** so it does not prevent you from participating in work, school, and physical activities.
- 2 **Reduce your risk** of asthma attacks, lung infections, loss of lung function, and medication side effects.

## YOUR GOALS

[illegible]

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QUESTIONS TO HELP YOU...

# Begin Treatment

*There's no right or wrong way to approach your treatment conversation. But you can use these questions to help you get the information you need about your asthma treatment plan:*

**1** What side effects should I expect from my medication(s)?

NOTES:

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**2** Is there anything I can do to minimize or prevent side effects from treatment?

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**3** If I have side effects, when and how should I let you know?

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**4** What's the difference between a rescue inhaler and a long-acting inhaler?

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**5** Where can I learn how to use an inhaler?

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**6** Am I using my medication/inhaler correctly?

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# Begin Treatment (CONTINUED)

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Are there any long-term risks with this medication?

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8

What if I forget to take my medication?

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9

Can other medications I'm taking make my asthma treatment less effective?

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10

When will I know if my treatment is working?

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11

What do I do if my treatment isn't working?

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12

Will I need to take this medication forever?

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13

What do I do if I can't afford my medication?

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# Change Treatments

*If you find that your treatment isn't working well enough, you and your healthcare provider may decide to change your treatment plan. It's helpful to know what to expect when this happens. Here are some sample questions:*

**1** What should I watch for after my treatment plan changes?

NOTES:

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**2** Will changing my treatment plan also change the cost?

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**3** What side effects should I expect from my new medication(s)?

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**4** Is there anything I can do to minimize or prevent side effects from treatment?

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**5** If I have side effects, when and how should I let you know?

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**6** Are there any long-term risks with this medication?

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QUESTIONS TO HELP YOU...

# Change Treatments

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When will I know it's working?

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8

What do I do if my treatment isn't working?

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9

Is it possible to decrease or stop my treatment?

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# With Asthma and Allergies

*It's common to have both asthma and allergies. If you have asthma, you may notice that your symptoms worsen when your allergies are triggered. If you're struggling with symptoms, speak with your healthcare provider about treatment options:*

**1** What can I take for my allergy symptoms?

NOTES:

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**2** Can treating my allergies improve my asthma symptoms?

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**3** Are there medications that can treat both allergies and asthma?

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**4** Should I take something for allergies before my symptoms start?

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**5** Do I need allergy testing?

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**6** Would allergy shots (immunotherapy) make a difference in my asthma symptoms?

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