Things a family can do to get ready for an asthma doctor visit

- Be prepared to tell the doctor what has happened over the last two weeks. Report how often your child has had symptoms, what the symptoms were, and how you treated them.

- Bring a copy of your child's **Asthma Action Plan** to review with the doctor any questions or concerns.

- Tell the doctor what concerns you most about your child's asthma or medicines.

- If the doctor makes an appointment for you to come back in a few weeks, keep it even if your child is feeling well. Your doctor may want to see your child regularly to learn how the treatment is working and make adjustments.

- Bring all of your child's medicines and delivery devices with you (this includes spacers, peak flow meters, and nebulizers).

- Bring your records of your child's immunizations and screening tests.

- Tell the doctor who else takes care of your child.

- Find out who your school nurse is, get their phone number, and give it to the doctor. The doctor can fill out a form to allow the nurse to give medicines to your child in school (West Virginia has a law to allow children to carry their own inhaler with them to school and school functions).

Questions to ask your child's asthma doctor

- Does my child's **Asthma Action Plan** need updated?

- How serious is my child's asthma?

- Should my child be taking controller medicine every day to prevent asthma symptoms?

- What side effects will my child have from the medications?

- Should my child receive a flu shot or the pneumonia vaccine?

- Can my child take over-the-counter medications along with his/her asthma medications?

- What do I do if my child's medication runs out and I have no refills?

- Who can I call for advice after office hours if I am confused about my child's treatment plan?

- How often can my child use the reliever or rescue medicine before consulting the doctor?

Parents, it is okay to question your asthma doctor. Your needs are important. Do not leave until the doctor or health professional has answered all of your questions.