

Asthma Management: Taking Your Medications Regularly

When you have asthma taking your medications regularly can help keep your symptoms under control.

Follow this checklist to help you stick with your medication routine and make it as effective as possible.

Do: Make sure you understand your prescription, so you know what to take, how much and when. Your healthcare provider will give you an asthma action plan which provides detailed instructions.

Do: Have your healthcare provider or pharmacist demonstrate how to take your medications and have them evaluate your technique to make sure you are doing it correctly.

Do: Tell your doctor or pharmacist about all the medications and supplements you take, both prescription and over the counter, in order to prevent any complications with your asthma medication.

Do: Know how to clean your devices and do it regularly.

Do: Make sure you have your rescue medications with you so you can use them if needed, as directed by your healthcare provider.

Do: Talk to your healthcare provider or insurance company if you have trouble affording your medications. You may qualify for assistance programs.

Do: Talk to your healthcare provider if you have any questions about the medications you take.

Do not: Store your medications where they'll be exposed to temperature extremes, such as in the glove compartment of a car.

Do not: Let your prescriptions run out.

Check your expiration dates often and ask your healthcare provider to include refills for your prescription.

You and your healthcare provider are a team. Ask any questions you have to take your medications correctly.