



Pediatric Pulmonary Center

University Hospital
 750 East Adams Street
 Syracuse, NY 13210

Phone: 315-464-6323



Rescue Medications

	name
	date

My Rescue Medications

1	
2	
3	
notes:	

These are medicines I take for quick relief and to treat acute asthma flare ups that may happen suddenly. I may have wheezing coughing and/or shortness of breath with a flare up.

Start taking your rescue medicines at the **first sign of a cough or wheeze** that occurs with a cold or asthma trigger.

Continue to take your daily medicines along with your rescue medicines.

If your cough has not improved in 24 hours (still sounds tight), call our office or your primary care doctor's office. You may need to take steroids by mouth for a short period of time.

If your cough or wheeze is improved after using Xopenex or albuterol (rescue medicines) for 24 hours, cut the Xopenex or albuterol back to every four hours while awake (not during the night). If your cough continues to improve but is not totally gone, decrease the Xopenex or albuterol to three times a day and stay on this schedule until your cough is gone. Once the cough/wheeze is gone, you can stop using your rescue medicines.

If you need to take rescue medicines (Xopenex or albuterol) more than every four hours, contact our office **315-464-6323** or your primary care doctor.