Asthma Education Program

Pediatric Pulmonary Center
University Hospital
750 East Adams Street
Syracuse, NY 13210
Phone: 315-464-6323

My Daily Medications

1. 
2. 
3. 
4. 

notes:

These are medicines I take every day to prevent my asthma from flaring up and help me keep active and feel my very best.

My Asthma Triggers

Knowing my asthma triggers helps me understand and keep my asthma under control. I try to avoid the triggers when I can, and deal effectively with them when I can’t.

Important Phone Numbers

<table>
<thead>
<tr>
<th>My Primary Care Doctor</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>University Hospital, 750 E. Adams St., Syracuse</td>
<td>315-464-6323</td>
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<tr>
<td>My Pediatric Pulmonary Practitioner</td>
<td>Address</td>
<td>Phone</td>
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<tr>
<td>My Pharmacy</td>
<td>Address</td>
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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.