

# Pointers For Parents

- **Keep your child involved in his/her** asthma treatment. Your child **MUST** know how to handle an asthma episode.
- **Make sure your child has his/her** emergency medicines available at all times.
- **Always keep the telephone number** of a 24-hour pharmacy handy, in case medicine is needed in a hurry.
- **Check the expiration dates on your** child's medicines. Do not let your child use medicine that is out of date.
- **Call in medication refills about 5-7 days** before your child runs out. The pharmacist may need time to call your doctor, check the medication supply, or order the medicine.
- **Make sure your child takes his/her** medicines **EXACTLY** as directed by the doctor. Do not give your child medicine that the doctor did not prescribe.
- **Make sure your child's school or** daily caregiver has a supply of the child's asthma medicine and knows when to give it to him/her.



Health Education by Louisiana Pharmacists  
University of Louisiana at Monroe  
College of Pharmacy  
Office of Outcomes Research and Evaluation  
1401 Royal Avenue • Monroe, LA 71201

For more information please call:  
**1-866-762-2404**



[www.asthma.dhh.louisiana.gov](http://www.asthma.dhh.louisiana.gov)

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# Asthma: Taking Your Asthma Medicine



Health Education by Louisiana Pharmacists



[www.asthma.dhh.louisiana.gov](http://www.asthma.dhh.louisiana.gov)

Educational material provided to Louisiana Medicaid recipients by the Department of Health and Hospitals (DHH), through a program administered by the Louisiana Medicaid RxPA Operations, University of Louisiana at Monroe College of Pharmacy.

**K** "Kids, be sure to share this brochure with your parents."

"If you are a parent and have a child with asthma, it is important that you sit down and go over this brochure with your child. The more you both know about asthma, the better you can control it."



## Taking Your Medicine

- Take your medicine at the same time every day. Pick one thing you do every day, like brushing your teeth, eating a meal, waking up, or going to bed, and always take your medicine at that time.
- Use a checklist or worksheet to write down when you take your medicine. Put it somewhere that you will see it. This will help you remember to take your medicine.
- Never take any medicine that your doctor didn't prescribe.
- If you use an inhaler, make sure that you keep it with you at all times.

*“There are two main groups of asthma medicines. These are called ‘Rescue’ medicines and ‘Control’ medicines. If your asthma isn’t very serious, you may only have to use one of these types.”*



*“If you have both ‘Rescue’ and ‘Control’ medicines, it is very important that you know when to use your ‘Rescue’ medicine to help stop an attack, and how to use your ‘Control’ medicine to help prevent an attack.”*

## **Rescue Medicines: Act fast to stop an attack after it starts.**

These medicines act fast to stop an attack after it starts. They work fast to open your airways so you can breathe in more air. These medicines are also called “quick-relief” or “fast-acting” medicines. You should take this medicine within 5 minutes after you begin having asthma symptoms. The names of some of these medicines are:

- Albuterol
- Proventil HFA®
- Ventolin HFA®
- Xopenex®

## **Control Medicines: Prevent an attack before it starts.**

You may have to take one or more asthma medicines every day to control your asthma. The asthma medicines you take every day are called control medicines. These medicines may help keep asthma attacks from starting. You must take these every day, even if you feel great. Some control medicines your doctor may give you are:

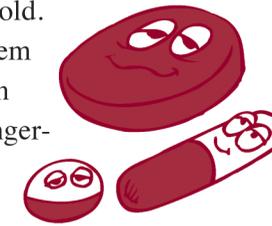
- Accolate®
- Advair®
- Cromolyn
- Flovent®
- Pulmicort®
- QVAR®
- Foradil®
- Singulair®
- Theo-Dur®

## **REMEMBER!**

**Control medicines will not relieve asthma symptoms during an asthma attack.** If you only have a control medicine, talk to your doctor to see if you also need a rescue medicine in case you have an asthma attack.

## **Storing your Asthma Medicine**

● Do not keep medicines anywhere that they can get too hot or too cold. This can cause them to quit working, or even make them become dangerous for you to take.



● Humidity can cause a pill to become moist and powdery. Do not leave your medicine in the bathroom, your gym locker, or around the stove.

● Keep your medicine somewhere that little children can’t get it. If your little brother or sister sees you taking the medicine, they may think it’s cool and try to take it when you aren’t around. Be sure to keep it somewhere they can’t find it.



*If you have any questions about how much medicine to take, or if you are not sure what type of medicine you are taking, ask your pharmacist, doctor, or nurse.*



## **Taking a Trip?**

If you are going on a trip, make sure you take enough medicine to last the entire time you will be gone. Take your medicine with you even if you are just going to spend the night at grandma’s, or with a friend.



● If your parents aren’t going to be with you, ask them to make sure an adult on the trip knows about your asthma. Someone needs to know what to do in case you have an asthma attack.



● If you are flying or taking a bus, put your medicines in something that you can keep with you.

## **KEEP IN MIND:**

If you miss a dose of medicine, take it as soon as you remember. If it is almost time for your next dose, **DO NOT** take it two times. Do not double-up on doses or use extra doses unless told to do so by your doctor.

If you aren’t sure what to do if you miss a dose, you can call your pharmacist, doctor, or nurse for help.