

Your MART action plan

Make a plan for managing your asthma and know what to do when you have symptoms

How to use your MART action plan

1. **Fill this in** during your appointment with your doctor, nurse or other healthcare professional.
2. **Keep it somewhere easy to find** – stick it to your fridge, take a picture on your smartphone or keep it with your MART consultation guide.
3. **Share it** so friends, family and others around you know how to help if your symptoms get worse.
4. **Take it to your asthma appointments**, and ask your doctor, nurse or pharmacist to update it if anything changes.

Name:

GP & contact:

Circle the inhaler you've been prescribed:



Fostair® pressurised metered dose inhaler 100/6 (beclometasone + formoterol)



Fostair® NEXThaler® 100/6 (beclometasone + formoterol)

Your Fostair® inhaler is a combination inhaler prescribed by your doctor, nurse or pharmacist to help control your asthma. You might hear it referred to as a MART (Maintenance and Reliever Therapy). This means it can do the job of both your usual maintenance therapy and your blue reliever inhaler. Please refer to the Patient Information Leaflet for detailed information about your medicine.

Turn over to learn how to use it for daily asthma control, to relieve any sudden symptoms, and what to do when you have an asthma attack. If you have recently had an asthma attack, see **what to do after an asthma attack** on this page.

What to do after an asthma attack

- If you dealt with your asthma attack at home, see your doctor or nurse within 24 hours (even if your symptoms improved and you did not need to call 999). You should also continue to take your medication as noted in this action plan and make sure to rest and recover
- If you were treated in hospital, see your doctor or nurse within 48 hours of being discharged. Finish any medicines they prescribe you, even if you start to feel better
- If your symptoms don't improve after treatment, see your doctor, nurse or pharmacist urgently



Follow the QR code for more information on your Fostair® inhaler & resources for managing your asthma.

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Chiesi are proud to be a part of the B Corp movement

You can find more information and support for managing your asthma at Asthma + Lung UK, www.asthmaandlung.org.uk

This leaflet is not intended to replace the advice of your healthcare professional. If you have any questions about your medication, please speak to your doctor, nurse or pharmacist.

Reporting of side effects: If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.

1 What to do when your asthma is well controlled

Your personal best peak flow score is:

Date taken:

Your regular maintenance dose is:

- 1 inhalation of Fostair® in the morning
- 1 inhalation of Fostair® in the evening

As you will use your Fostair® inhaler as a reliever inhaler too, please make sure you always have it with you.

Your reliever dose is:

- 1 inhalation of Fostair®
- Wait a few minutes and if you don't feel better, take another inhalation

You can take up to a maximum of 6 Inhalations for relief (no more than 8 Inhalations in total should be taken per day).

Your asthma is well controlled when:

- You have no difficulty sleeping
- You have no symptoms during the day (such as coughing, wheezing, breathlessness or tight chest)
- Your asthma doesn't interfere with your normal daily activities

Other asthma medicines and devices to use daily (e.g. spacer, peak flow meter):

2 What to do when your asthma is getting worse

Your asthma is getting worse if:

- Over a period of 2–3 days, you feel more breathless, cough more, wheeze more, have a tight chest, are sleeping poorly (or any other asthma symptoms you experience are getting worse) or your symptoms are interfering with your daily activities
- Your peak flow score drops to below:
- You are using more than inhalation(s) of Fostair® per day (you should not use more than 8 inhalations in total in any one day)

If you frequently need rescue inhalations every day, please seek medical advice.

If your asthma gets worse:

- You need to continue to use your Fostair® inhaler every day as noted in this action plan, plus any additional reliever treatment you've been prescribed, as needed
- Contact your doctor – the sooner you can treat your increasing symptoms, the sooner you can lower your risk of an asthma attack. To lower your risk, ask the receptionist for an URGENT SAME DAY APPOINTMENT, tell them 'my asthma is getting worse, and I need to see someone for urgent advice'. If you cannot get an appointment, or your GP is closed, you should call 111 for advice

3 What to do when you have an asthma attack

The signs of an asthma attack are:

- Your symptoms continue to get worse, even after you've used your reliever inhalations
- You are coughing/wheezing a lot, or have a very tight chest
- Your breathing is getting faster and it feels like you can't get your breath in properly
- You are breathless and find it difficult to walk and talk

If you have the signs of an asthma attack YOU MUST:

1. Sit up straight and try to stay calm
2. Take 1 inhalation of Fostair® every 1–3 minutes, up to 6 inhalations
3. Loosen tight clothing
4. Try to take slow, steady breaths

If there is no immediate improvement:

- If you feel worse or don't feel better after 6 inhalations of Fostair®, call 999

If you do not feel better after using your Fostair® inhaler as instructed here, you MUST call 999 or a doctor urgently.