

Going Home after an Asthma Attack

Medication

- Prednisolone (pink tablets): continue taking these until your child has completed the prescribed course
- Salbutamol (blue Inhaler): this is a reliever – it acts on symptoms straight away, but doesn't prevent more attacks. You should reduce the dose over a period of a few days, such as:

Days after Discharge	Dose of Salbutamol
Day 1	10 puffs every 4 hours
Day 2	8 puffs every 6 hours
Day 3	4 puffs every 6 hours
Day 4	4 puffs every 6 hours
Day 5	Stop if no wheeze

Then use 4-8 puffs of salbutamol whenever needed. If your child cannot last 3 hours between doses of salbutamol then give extra but seek medical help immediately (either GP or come to A&E).

Follow up

After an attack, you should make an appointment with your GP or asthma clinic within a couple of days of leaving hospital.

In An Emergency

If your child becomes more unwell/breathless/wheezy despite treatment, then you should seek help from your GP or come to A&E. Don't be afraid to ring 999 if you think it is necessary.

Signs to watch for

- A faster breathing rate than normal
- Extreme chest tightness
- Sucking in of the skin between/below the ribs or in the center of the neck with every breath
- Difficulty speaking in more than a few words without a break or being too breathless to eat or sleep
- Appearing blue around the lips

What to do in an emergency

- Sit the child up and give 10 puffs of the blue inhaler immediately
- Reassess them looking for the signs above – if no improvement, given 10 more puffs then seek help
- Continue giving the blue inhaler until you get help.