

## **Questions to ask your doctor about your asthma during pregnancy**

1. Can you please check that I am using my asthma inhalers and/or nasal spray correctly?
2. Can I have a **Written Asthma Action Plan**? (or can you check that my written Asthma Action Plan is up to date?)
3. Can I have a list of my current medications, to take with my Asthma action plan, to my first / next antenatal appointment?
4. How can I tell if my asthma is under good control?
5. What should I do if my asthma gets worse?
6. What should I do if I have a severe asthma attack while I am pregnant?

**We recommend making 4-6 weekly appointments with your doctor for an asthma review, during your pregnancy.**