

### Making a Medicine Schedule

To keep your asthma under control, always take your medicines as directed by your healthcare provider. To help keep track of your medicines, you can use a medicine schedule.

Once you fill out the chart below:

- Make a photocopy. Put it on your bathroom mirror, refrigerator, or anywhere else you will see it often.
- Show the list to all the healthcare providers you see. Do so before a doctor, dentist, or anyone else writes a prescription for you. You can also show it to your pharmacist if you have questions about any medicines.
- Keep a copy of your medicine schedule in your purse or wallet.
- Update your schedule each time your medicines change.

Your Medicine Schedule				
Type of Medicine	Medicine Name	What Days Taken	When Taken	How Much Is Taken
<b>Example:</b>	<i>QVAR HFA</i>	<i>Every day</i>	<i>2x per day</i>	<i>2 puffs</i>
Asthma medicine(s)				
Long-term control				
Quick-relief				
Other prescription medicine(s)				
Aspirin and other pain reliever(s)				
Vitamin(s)				
Nasal spray				
Antacid				
Other medicines or treatments				

To learn more about asthma and asthma management, take [Asthma Basics](#).

