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# Asthma Advice

Continue to take any other medication that you take regularly.

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## Important

**It is important that you make an appointment with your doctor or asthma nurse within the next 2 to 3 days or more urgently if:**

- x You become wheezy, breathless or experience chest tightness or you are unable to speak in full sentences
- x You are using your inhaler more often
- x You are waking at night or your peak flow rate reduces by 25% of your normal flow rate

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## Patient Confidentiality

Information held by Mitie Care & Custody about our patients is treated in strict confidence, in accordance with our Data Protection, Caldicott and Confidentiality Policy.



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