

# Patient information from BMJ

Last published: Jul 10, 2020

## Asthma in children: questions to ask your doctor

**If your child has been diagnosed with asthma you may want to talk to your doctor to find out more.**

Here are some questions that you might want to ask.

### Questions about the diagnosis

- How do you know for certain that my child has asthma?
- Could my child's symptoms be caused by something else, such as a cold?
- Why does my child have asthma?

### Questions about treatment

- What treatment does my child need?
- Can you explain the differences between the medicines?
- When should my child use a reliever and when should he or she use a preventer?
- Which treatments should my child have with him or her at all times?
- Do the treatments have side effects?
- Can you show us how to use the inhaler correctly?
- Do you think my child needs a spacer or a nebuliser?
- How can I tell if my child's asthma isn't being controlled well?
- What should I do if the reliever doesn't seem to be helping my child's breathing?
- When should I take my child to the accident and emergency department?

### Questions about other things you can do

- Should my child have an allergy test?
- Is there anything I can do to prevent my child having asthma attacks?
- My child gets asthma during exercise. Should I stop him or her doing sport?

## Asthma in children: questions to ask your doctor

- What should I tell my child's teachers? Should the school keep medicines for my child?
- Will my child grow out of having asthma?

The patient information from *BMJ Best Practice* from which this leaflet is derived is regularly updated. The most recent version of Best Practice can be found at [bestpractice.bmj.com](https://bestpractice.bmj.com). This information is intended for use by health professionals. It is not a substitute for medical advice. It is strongly recommended that you independently verify any interpretation of this material and, if you have a medical problem, see your doctor.

Please see BMJ's full terms of use at: [bmj.com/company/legal-information](https://bmj.com/company/legal-information). BMJ does not make any representations, conditions, warranties or guarantees, whether express or implied, that this material is accurate, complete, up-to-date or fit for any particular purposes.

© BMJ Publishing Group Ltd 2020. All rights reserved.

