

SMART: Single Maintenance and Reliever Therapy

How to Track SMART Doses (Ages 12 and older)



Use a **SMART** puffer (inhaler) with a spacer (valved holding chamber) daily **and** when you start having breathing trouble, like coughing, wheezing or chest feels tight.

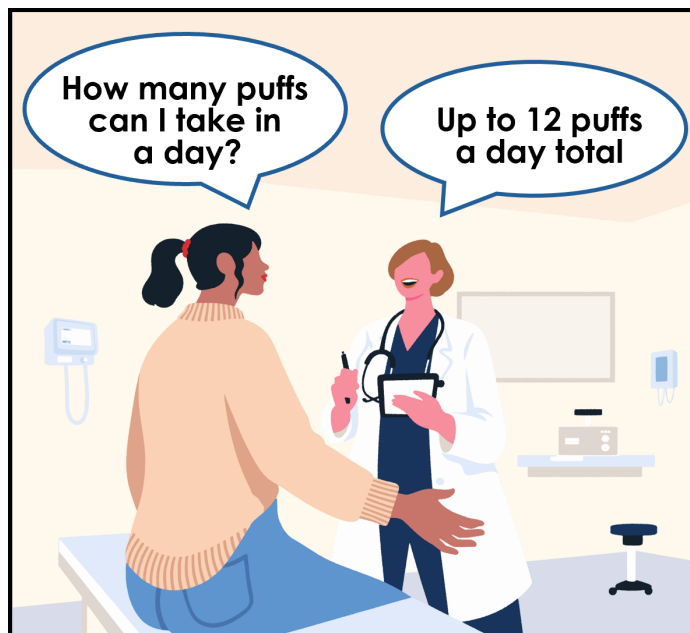
Follow your asthma action plan!

- The most you can take is **up to 12 puffs a day**.
- Call your doctor if you need to take extra puffs **more than two days in one week or need 12 puffs in one day**.

12 puffs total every day

— **number of puffs for daily control**

number of puffs you can use for rescue/reliever



EXAMPLE

Daily Puffs - 4			Extra Rescue/Reliever 12 - 4 = 8 rescue puffs
Doctor's order	A.M. daily	P.M. daily	
Two puffs twice daily	2 puffs	2 puffs	

✓ I take ____ puffs ____ times **every day**.

✓ I have ____ puffs every day that I can use for **rescue/reliever** if I need to.

Date	A.M. Daily	1	2	3	4	5	6	7	8	9	10	11	P.M. Daily



AIM ASTHMA INITIATIVE OF MICHIGAN



INHALE
Inspiring Health Advances in Lung Care

Single Maintenance and Reliever Therapy (SMART) Dose Tracking Sheet (Ages 12 and older)

I take _____ puffs
_____ times every day
as my daily medication.

I have _____ puffs every day that I can use for rescue/reliever.

Call your doctor if you need to
take extra doses **more than
two days in one week or
need 12 puffs in one day.**

[illegible][illegible][illegible][illegible]