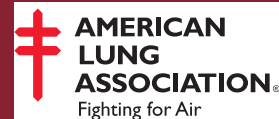


# MY COPD CHECKLIST



**INSTRUCTIONS:** Please use the following checklist for healthcare practitioner visits and for tips to help you manage your COPD symptoms.

**Things to remember for visits with your doctor or other members of the healthcare team:**

- Take a list or bring all of your medications (including herbals and over-the-counter medicines)
- Review your daily (maintenance) and rescue medications
- Report any changes in your breathing
- Discuss feelings of anxiety, nervousness, or feeling sad/blue
- Review your usual activities and any changes in your energy level
- Discuss your diet and any changes in your appetite or in your weight
- If you are on oxygen, don't forget to review how and when you use it
- Share upcoming travel plans with your healthcare practitioner and family members
- Discuss any problems with your sleeping habits
- Review symptoms/action plans for other diseases such as diabetes, heart failure, etc
- Take a list of questions—be specific
- If you smoke or use other tobacco products, discuss your challenges of quitting and treatment options to help you quit
- Review breathing exercises and forceful coughing
- Ask if you are eligible for a pulmonary rehabilitation program
- Ask your healthcare practitioner when you should get a flu shot
- Ask your healthcare practitioner if you are in need of a pneumonia vaccine
- Ask about triggers/irritants (things that make your COPD worse) and how to deal with them

**You should do the following at least once a year:**

- Get your flu shot
- Check with your doctor about a spirometry test
- Review and update your COPD Symptom Action Plan
- Have a complete physical exam
- Discuss any educational needs regarding your health with members of the healthcare team



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# MY COPD ACTION PLAN

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**INSTRUCTIONS:** Please review this Action Plan with your doctor and have the doctor fill in the blanks, and sign and date the plan. Your Action Plan should be reviewed by your doctor every year or more often if you are having problems.

Doctor: \_\_\_\_\_

Emergency Contact Phone #: \_\_\_\_\_ Ambulance Co. Phone #: \_\_\_\_\_

## I'M DOING WELL

- Breathing without shortness of breath
- Able to do daily activities
- Thinking clearly
- Mucus is easy to cough up
- Sleeping well
- Appetite good
- Able to exercise as my doctor directed

Take the following maintenance medications **every day** to help maintain control of COPD symptoms.

MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT

## I FEEL WORSE due to my COPD (may have one or more of the following symptoms)

- I have shortness of breath
- Difficulty completing daily activities
- More coughing/wheezing
- Mucus is thicker and discolored
- May have a fever
- Restless—trouble concentrating
- May have trouble sleeping
- Appetite may be decreased

Continue to take the maintenance medications listed in the green zone. Add the following *rescue medications* to help you catch your breath when your usual symptoms worsen:

MEDICINE	HOW MUCH TO TAKE	WHEN TO TAKE IT

Additional Instructions: \_\_\_\_\_

Call the doctor or other healthcare practitioner to report the change in symptoms and to answer any questions. If you live alone, call a neighbor, friend, or relative to let them know you feel worse. Avoid or reduce activities and/or exposures to irritants that make your symptoms worse. If you use oxygen, ask the doctor how many liters/minute and how often you should use it. Do your breathing exercises and other things to help you relax.

## I FEEL I AM IN DANGER (may have one or more of the following symptoms)

- I have severe shortness of breath (I feel like I can't breathe)
- Not able to do daily activities
- Trouble coughing up mucus, coughing frequently
- Blood in mucus
- May have chest pain
- Confused, slurred speech
- Feel faint
- Rescue medicine is not helping
- Fever and chills

## TAKE YOUR RESCUE MEDICATIONS AND CALL 911 OR YOUR EMERGENCY MEDICAL SERVICES NOW!

Name of emergency contact

Phone # of emergency contact

EMS/Ambulance co. phone #