

Managing Your COPD Medicines

Patients with chronic obstructive pulmonary disease (COPD) may get confused about their medicines. Do any of these questions sound familiar?



Should I be taking my medicines even when my symptoms don't seem *that bad*?

COPD is chronic. This means you have COPD every day, even if you do not always feel many symptoms. People with COPD have lung damage that they may not always feel, so it's important to continue to treat your COPD, even on good days.



If I don't notice a difference in my COPD symptoms shortly after taking my medicine, *is it working*?

Your provider may prescribe two types of medicine for you: a short-acting rescue medicine and daily maintenance medicine. If you don't feel that your rescue medicine is working, contact your healthcare provider right away. You may not feel your daily maintenance medicine working right away. Some medicines work over time. Taking your daily maintenance medicine even if you don't feel changes may help control your symptoms.



My doctor sometimes changes my dosing when my symptoms change. *Can I change doses depending on how I feel*?

Always check with your provider before changing the way you take your medicine. Your provider may give you different medicines at different times. Don't change on your own.



Talk with your provider about managing your medicines, and complete the next page.



Daily Maintenance Medicine

- Taken regularly over a long period of time
- May not feel it working right away, but may help control symptoms over time

My daily maintenance medicines are:

MEDICINE NAME	TYPE OF MEDICINE (INHALER, PILL)	WHY I TAKE THIS
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(Your provider will tell you when and how to use maintenance medicines.)



Short-Acting Rescue Medicine

- Provides fast relief when your symptoms suddenly get worse
- Always carry your rescue medicine with you to treat sudden symptoms

When I need immediate relief, I can take:

MEDICINE NAME	TYPE OF MEDICINE (INHALER, PILL)	WHY I TAKE THIS
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(Your provider will tell you when and how to use rescue medicines.)

It can be easy to confuse your medicines. **Ask your provider to help you label your daily maintenance and rescue medicines.**



You may still have some concerns. Answer the following questions to help you discuss your medicines with your provider.

When I think about my ability to take my medicines correctly, I feel:
 not confident ○————○————○————○————○ confident

Overall, when I think about my medicines for my COPD, I feel:
 not confident ○————○————○————○————○ confident

If you have concerns, try starting a conversation with your provider using the following questions:

- Why is it important for me to take a maintenance medicine every day?
- How will I feel if I take my maintenance medicine every day?
- How will I feel if I don't take my medicines as prescribed?

Even if you have used your medicines for a long time, show your provider how you take them. **Your provider may have some advice to help you get the most from your medicines.**