

Preparing for my COPD office visit

Complete this checklist to get ready for your next visit to your healthcare provider. By sharing your answers, you can help your provider understand how you are doing with your COPD.

Since my last office visit:

1. My breathing has been worse than usual
 Yes No
2. It is harder to do the following activities because of my breathing: _____
3. I am coughing more than usual Yes No
4. I have coughed up more mucus than usual Yes No
5. I have noticed that the color of my mucus has changed Yes No
6. I have had tightness in my chest Yes No
7. My symptoms have affected my sleep Yes No
8. I have more energy I have less energy My energy level is the same
9. I have been to the emergency department or urgent care for COPD symptoms since my last office visit
 Yes No
10. In the past 12 months, I have taken an antibiotic or steroid for my breathing _____ times
11. I have used my short-acting rescue inhaler or nebulizer more often Yes No
12. I use my COPD maintenance medicine everyday Yes No



Bring your completed checklist and a list of all your medicines to your office visit. Talk with your healthcare provider about how you are feeling and how you can better manage your COPD.

