

FOR MY NEXT VISIT

Fill out this checklist and bring it to your next visit with your health care provider.

Questions to Ask My Health Care Provider

- ☐ Can you tell me how to use my inhalers and my nebulizer properly and ensure that I'm using them at the appropriate time(s) of the day?

- ☐ Is pulmonary rehabilitation—in person or remote—appropriate for me?

- ☐ Is supplemental oxygen appropriate for me? Am I using it correctly?

- ☐ Can you please explain my test results to me?

- ☐ What is a good weight for me? _____
- ☐ Can we create/review My COPD Action Plan so I can better manage my COPD?

- ☐ What steps can I take to do my best to stay out of the emergency room?

- ☐ What oxygen setting should I use (for rest, exertion, and sleep)? Should I turn it up for exertion/exercise?

- ☐ Should I be exercising on my own? If so, should I check my O2, heart rate, or blood pressure when exercising? If I wheeze or get short of breath, will that hurt me? How hard should I push myself?

- ☐ Is it appropriate for me to have a prescription for an antibiotic and steroid on hand to take at the first sign of a flare up?

For more help tracking symptoms, setting goals, making an action plan, and more, download the free COPD Pocket Consultant Guide app on Google Play or the Apple App Store.

