

# COPD Checklist

COPD (Chronic Obstructive Pulmonary Disease) includes chronic bronchitis and emphysema. Sharing even the small details about your COPD with your doctor can make a difference. The more details you share about your COPD, the better you can partner with your doctor. So, fill out this form and give it to your doctor at your next appointment. It may help you have a more informed conversation about your COPD.

Since your last doctor's visit, have you... (Check all that apply)

- had any changes in your cough?
- had a change in your mucus/phlegm (amount, consistency, or color)?
- had any changes in your breathing (shortness of breath or difficulty breathing)?
- had a flare-up or worsening of COPD symptoms more than typical day-to-day variations?
- felt more tired than usual or have been waking up at night?
- used an antibiotic or oral steroid? # of days taken: \_\_\_\_\_
- had a severe cold or flu?
- visited an ER, hospital, or urgent care because of your breathing?
- needed to use a rescue inhaler more or less than usual?  
# of times/week: \_\_\_\_\_
- smoked more, smoked less, or set a plan to stop smoking?
- stopped smoking completely?

Which of the following best describe your breathing lately? (Check all that apply)

- I am short of breath after moderate exercise
- I am short of breath when hurrying or walking up a slight incline
- I walk slower than most people my age due to my breathing
- I stop for breath every few minutes while walking, even on level ground
- I am too short of breath to leave the house

Please specify all activities missed or limited due to breathing difficulties and discuss them with your doctor. \_\_\_\_\_

- I'm ready to have a detailed conversation with my doctor about how COPD symptoms are affecting my life**

On the back of this form, please list all the medicines you are currently taking, including herbal and non-prescription products, and list any questions you have for your doctor. **Take this completed form to your doctor.**