

# COPD Office Visit Checklist

Answer the questions below before your next visit and be sure to talk with your doctor about your answers.

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

Since your last office visit:

1. Has your breathing been worse than usual?  Yes  No
2. Have you coughed more than usual?  Yes  No
3. Have you coughed up more mucus than usual?  Yes  No
4. Has your mucus been thicker than usual?  Yes  No
5. Has your mucus been a different color than usual?  Yes  No
6. Have you been wheezing?  Yes  No
7. Have you been awakened by your breathing?  Yes  No
8. About how many hours have you been sleeping each night? \_\_\_\_\_
9. How would you describe your appetite?  Decreased  Normal  Increased
10. Have you lost weight?  Yes  No If yes, how much? \_\_\_\_\_
11. What activities have you been doing? \_\_\_\_\_
12. Is there any activity that is harder to do because of your breathing?  Yes  No  
\_\_\_\_\_
13. How many times in the past 12 months have you taken an antibiotic or steroid for your breathing? \_\_\_\_\_
14. How often do you use your fast-acting inhaler or nebulizer? \_\_\_\_\_ times in a day.
15. Did you use your long-term controller medicine today?  Yes  No
16. What other medicines do you take for your breathing? \_\_\_\_\_  
\_\_\_\_\_

Bring all your medicines to your doctor's appointment. Talk to your doctor about how you are feeling and how you can better manage your COPD.