Know Your Medicines

UNDERSTANDING YOUR MEDICINES

When you have chronic obstructive pulmonary disease (COPD), understanding what your medicines do and how to use each medicine is very important. Use the questions below to check how much you know.

Do you have a prescription for a rescue medicine?
- No  ❏ Yes

Did your doctor instruct you on how and when to use your rescue medicine?
- No  ❏ Yes

Do you have a prescription for a daily use maintenance medicine?
- No  ❏ Yes

Did your doctor tell you to take these medicines every day?
- No  ❏ Yes

Do you take your medicines every day?
- No  ❏ Yes

Do you take other medicines for COPD, such as oral steroids or antibiotics?
- No  ❏ Yes

Did your doctor tell you when to take these medicines?
- No  ❏ Yes

Do you talk to your doctor at each visit to make sure you know when to use these medicines?
- No  ❏ Yes

Do you have any questions about how or when to take your COPD medicines?
- No  ❏ Yes

Bring your answers with you the next time you visit your doctor, as well as your pharmacist. Reviewing them with a doctor will help you manage your COPD.
BETTER DOCTOR VISITS

COPD can change over time. So be sure to talk with your doctor as your symptoms and your needs change. You can work together to build a plan that will help you breathe easier.

- Be as descriptive as you can. Use real-life examples such as, “Whenever I vacuum, I need to sit down for a few minutes,” or “I haven’t been able to climb more than 4 steps at a time”
- Tell your doctor everything. The more you say, the better. Talk about your overall health, specifics about your breathing, and any other lifestyle changes
- Be sure to tell your doctor if you’re using your rescue inhaler more than usual. This could be a sign that your airways are narrowed
- Bring a family member to your appointment for added support