

## Tips to Get the Most Out of Your Doctor's Appointment

Here's a simple checklist of things to discuss with your doctor. Go through it before your appointment. Then bring it with you to share with your doctor.

### 1. Breathing problems slow me down during these activities:

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### 2. I've started to experience these symptoms:

- Persistent cough
- Coughing up phlegm or mucus
- Shortness of breath during activities
- Wheezing or whistling when I breathe

### 3. My medical conditions include:

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### 4. I'm currently taking these medications:

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### 5. This is my smoking history:

- I used to smoke, but quit \_\_\_\_\_ ago
- I never smoked
- I still smoke

**6.** I exercise \_\_\_\_\_ times a week.

**While you're with your doctor, ask these questions:**

1. Should I take a spirometry test to find out if I have COPD?
2. What can I do to improve my breathing?
3. Are there any treatments for my breathing problems?

**Helpful Tip:**

Make a list of things you want to talk about beforehand. Then bring it with you to make sure that you don't forget anything important during the appointment.

**Don't be afraid to ask your doctor questions.**

Your medical team wants you to understand what they tell you. And they can't always know what didn't make sense to you — unless you say something. Try bringing a pen and paper along with you, so you can make notes about what your doctor says.

**Additional Questions and Notes**

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