



# QUESTIONS TO ASK THE DOCTOR

Use this form to help prepare questions for the doctor ahead of time. This will help you make the most of your next appointment. Bring your list of questions with you.

Date \_\_\_\_\_

## General care questions

- Discuss with your doctor when to call in a non-emergency. For example, some doctors want to be called at the first sign of a cold or respiratory problem.
- Ask for help or for local resources about quitting smoking (for example, [Respiratory Health Association's webpage](#)).
- If the person you care for has other medical conditions—such as diabetes, obesity, osteoporosis, heart disease, or others not listed here—ask how those different conditions should be included in the care you give.
- Talk about flu, pneumonia, and other vaccines for the person you care for and all family members in touch with the person you care for.
- Talk to the doctor about how to set up a nutrition plan for the person you care for.
- Ask if pulmonary rehabilitation is a good fit for the person you care for, and what options are available.
- Ask if oxygen therapy will help.
- Ask your doctor about indoor and outdoor triggers and any avoidance tips.

## Notes from your visit

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## THE COPD CAREGIVER'S TOOLKIT



# QUESTIONS TO ASK THE DOCTOR

Date \_\_\_\_\_

## Urgent care questions

- Discuss with the doctor the signs and symptoms of a COPD flare-up. Ask the doctor when you should call if you see changes in symptoms in the person you care for.
- Discuss when to call 911. Ask about how to spot the signs and symptoms of a COPD emergency.
- Talk to your doctor as soon as you think the person you care for may have an infection so your medical team can determine if he or she needs an antibiotic or other treatment.

## Notes from your visit

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## When you are ready to travel

- Ask the doctor about flight simulation testing.
- Ask the doctor which oxygen delivery device is safe for airline travel.

## Other questions for the doctor

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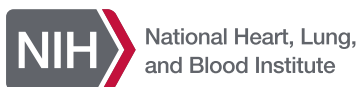
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### THE COPD CAREGIVER'S TOOLKIT



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