

## Get an action plan from your doctor - Lung Disease

This handout describes what you need to ask your doctor to create an action plan for dealing with your lung disease.

### Drugs to take every day

- Ask your doctor what long-acting drugs work best for you
  - Long-acting inhaler beta agonist: \_\_\_\_\_
  - Long-acting inhaler anti-cholinergic: \_\_\_\_\_
  - Corticosteroid pills (prednisone): \_\_\_\_\_
  - Corticosteroid inhaler: \_\_\_\_\_
  - Other drug: \_\_\_\_\_

### Drugs to take when having a bad spell

- Ask your doctor what drugs to take for a bad spell
  - Short-acting beta agonist: \_\_\_\_\_ or short-acting anti-cholinergic: \_\_\_\_\_
    - Use when more short of breath
    - Use before you exercise
    - Use before you do something that takes a lot of energy
  - Antibiotics: \_\_\_\_\_
    - Use when you are getting a cold or the flu
  - Corticosteroid pills or liquids: \_\_\_\_\_
    - Use when you are very short of breath

### Keep a list of ALL the drugs you take

- Name of drug
- How much to take
- When to take it
- Side effects
- When to call the doctor

### What are the signs you need help

- A lot of phlegm or congestion in chest and throat
- Dark colored sputum
- No energy
- Not eating
- Very tired
- Hard to sleep at night
- Swollen ankles
- Breathing problems

## Get an action plan from your doctor - Lung Disease (cont)

### Call the doctor if you have signs that you need help

- Name of care provider: \_\_\_\_\_
- Phone number to call: \_\_\_\_\_

### When to call the doctor or 9-1-1

- Ask your doctor for a list of signs that you need help right away
- Ask what signs mean you should call 9-1-1 right way

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The content in this letter is intended as general information and may not apply to you or your condition. Talk to your doctor about how to best use this information and how to take care of your medical condition. This information is not intended to provide or replace professional medical advice or services.

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