

# Know Your Medicines

## Getting help when you need it quickly

It is a good idea to keep all of your important medical contact information in one convenient place in case you need to find it quickly.

Fill out the information on the right, and keep it where you or someone who cares for you can find it easily. You may want to place it by the phone you use most to make it easier for you to get help when you need it quickly.

Talk to your healthcare professional, and use the space below to write down the medications you are taking.

### MY COPD MEDICATIONS

	Name of Your Medication	When to Take This Medication
<b>"Rescue" Medication(s)</b>		
<b>Daily Medication(s)</b>		
<b>Other Medication(s)</b>		

### IMPORTANT NAMES AND NUMBERS

#### Primary Care Doctor

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

#### Lung Doctor (Pulmonologist)

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

#### Emergency Contact Person

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

#### Respiratory Therapist

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

#### Pharmacy

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

#### Hospital

Name \_\_\_\_\_

Phone Number \_\_\_\_\_



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## How well do you know your COPD\* medicines?

Here are some questions to help you understand what your COPD medicines do and how to use them.

**Do you have a prescription for a "rescue" medication?†**

Yes  No

**Did your healthcare professional tell you how and when to use your "rescue" medication?**

Yes  No

**Do you have a prescription for a daily medication?‡**

Yes  No

**Did your healthcare professional tell you to take these medications every day?**

Yes  No

**Do you take your daily medications every day?**

Yes  No

**Do you take other medications for COPD, such as oral steroids (stare-oyds) or antibiotics (an-tie-by-ah-tiks)?**

Yes  No

**Did your healthcare professional tell you when to take these medications?**

Yes  No

**Do you talk to your healthcare professional at each visit to make sure you know when to use these medications?**

Yes  No

**Do you have any questions about how or when to take your COPD medications?**

Yes  No

**Bring your answers with you the next time you visit your healthcare professional or pharmacist. Reviewing them with a healthcare professional helps make sure that you are appropriately managing your COPD.**

\*Chronic (kron-ick) obstructive (ob-struck-tiv) pulmonary (pull-muh-nair-ee) disease, including chronic bronchitis (brank-eye-tis), emphysema (em-fuh-zee-muh), or both.

†A "rescue" medication is used when you have symptoms every so often.

‡Daily medications, also called maintenance medications, are taken every day to help control your COPD symptoms and help you breathe easier. They may also reduce the number of times that your symptoms get worse (flare-ups).