Questions for a COPD visit

A printable prompt sheet for a conversation with a qualified clinician.

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General health information only. This guide does not diagnose a condition or replace an assessment by a qualified clinician.

Diagnosis and testing

- Could my symptoms have more than one cause?
- Would post-bronchodilator spirometry help clarify the diagnosis?
- What will the test feel like and how will the result be interpreted?
- Do I need imaging, oxygen assessment or other lung-function testing?

Daily care

- How can I learn and check my inhaler technique?
- Would a spacer, different device or respiratory educator help?
- Would pulmonary rehabilitation fit my goals and access needs?
- Which vaccines and infection-prevention steps should we discuss?

Flare-ups and safety

- What is my usual baseline and what changes should I watch for?
- Can we write an action plan with contact and emergency steps?
- When should I call the clinic, Health811 or 911?
- What should I do after an emergency or hospital stay?

Ontario access

- Which services are OHIP-insured, ODB-covered, program-dependent or private?
- Do I need a referral for pulmonary rehabilitation or respiratory education?
- Who can help with smoking or vaping cessation?
- What should I confirm with a pharmacist about the cost of my inhaler?

Sources and limitations

Canadian guidance is listed first. U.S., U.K. and global sources are comparison resources. Links were verified on 20 November 2026. Source content is copyrighted and is summarized in original wording.

Ontario Health COPD quality standard: https://www.ontariohealth.ca/clinical/quality-standards/chronic-obstructive-pulmonary-disease

Canadian Thoracic Society COPD guideline: https://cts-sct.ca/guideline-library/

Lung Health Foundation COPD: https://lunghealth.ca/lung-disease/copd/

HealthLink BC COPD: https://www.healthlinkbc.ca/healthwise/copd-chronic-obstructive-pulmonary-disease

Health811 and Ontario care: https://www.ontario.ca/page/your-health

Ontario prescription-drug coverage: https://www.ontario.ca/page/get-coverage-prescription-drugs

NHLBI COPD diagnosis: https://www.nhlbi.nih.gov/health/copd/diagnosis

CDC About COPD: https://www.cdc.gov/copd/about/

American Thoracic Society pulmonary rehabilitation: https://www.thoracic.org/advocacy-patients/patient-resources/pulmonary-rehabilitation

NICE NG115 COPD guideline: https://www.nice.org.uk/guidance/ng115

GOLD 2026 report: https://goldcopd.org/2026-gold-report-and-pocket-guide/