COPD visit-preparation checklist

A paper checklist for symptoms, medicines, devices and access needs. This sheet has no PHI fields.

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

Before the visit

- I can describe when my breathing symptoms started or changed.
- I have noted what activities are harder and what helps.
- I have recorded flare-ups, infections, emergency visits or hospital stays.
- I have listed inhalers, medicines, supplements and allergies.
- I have gathered previous spirometry, imaging, oxygen or specialist letters.
- I have noted smoking, vaping, work or air-quality exposures I want to discuss.
- I have chosen my main question and any language, mobility, transport or cost concerns.

Notes for my visit

Use your own paper or private notes. Do not add personal health information to this website or send this PDF to the clinic through an unapproved channel.

Follow-up prompts

- What is my written action plan?
- How will we review inhaler technique and benefit?
- When should I contact the team after a flare-up?
- Which coverage or referral details should I confirm?

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/