Cough visit-preparation checklist

A privacy-preserving paper checklist for symptoms, medicines, exposures and questions.

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Privacy	No PHI fields or uploads	Status	Published clinical education resource

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

Before the visit

- I know the date the cough started or changed.
- I can describe dry versus wet cough and any mucus.
- I have noted triggers, time of day, sleep and activity impact.
- I have recorded fever, breathlessness, chest pain, blood, wheeze, vomiting after coughing or choking.
- I have listed medicines, supplements and allergies.
- I have noted smoke, vaping, work, housing or environmental exposures.
- I have gathered recent tests, letters or hospital information.
- I have chosen my main question and access needs.

Notes for my visit

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

Follow-up prompts

- What warning signs should I watch for?
- When should I contact the clinic or Health811?
- What is the plan if the cough persists?

Sources and limitations

Canadian sources are listed first. U.S., U.K. and academic sources supplement the Canadian context. Links were opened and verified on 20 November 2026. This guide uses original wording and does not reproduce third-party text.

Lung Health Foundation — chronic cough: https://www.lung.ca/lung-diseases/chronic-cough/

Lung Health Foundation — causes of chronic cough: https://www.lung.ca/lung-diseases/chronic-cough/causes-of-chronic-cough/

HealthLink BC — coughs age 12 and older: https://www.healthlinkbc.ca/healthwise/coughs-age-12-and-older

Government of Canada — respiratory infectious diseases: https://www.canada.ca/en/public-health/services/diseases/respiratory-infectious-diseases-reduce-spread-personal-protective-measures.html

Canadian Paediatric Society — croup: https://cps.ca/en/documents/position/acute-management-of-croup

Choosing Wisely Canada — paediatrics: https://choosingwiselycanada.org/recommendation/paediatrics/

CMAJ — postinfectious cough in adults: https://www.cmaj.ca/content/cmaj/196/5/E157.full.pdf

Ontario Health — infectious diseases: https://www.ontariohealth.ca/clinical/infectious-diseases

British Thoracic Society — chronic cough: https://www.brit-thoracic.org.uk/clinical-resources/clinical-statements/cough-adults/

NICE NG120 — acute cough: https://www.nice.org.uk/guidance/ng120/resources/cough-acute-antimicrobial-prescribing-pdf-66141652166341

NHS — cough: https://www.nhs.uk/symptoms/cough/

CDC — chest cold acute bronchitis: https://www.cdc.gov/acute-bronchitis/about/index.html

American Thoracic Society — cough: https://www.thoracic.org/patients/patient-resources/resources/PHSCough.pdf

CHEST — chronic cough in children: https://journal.chestnet.org/article/S0012369220303251/pdf

NCBI Bookshelf — cough evaluation and management: https://www.ncbi.nlm.nih.gov/books/NBK493221/