

COPD FLARE-UP CHECKLIST

Answer the questions below to help you and your doctor identify if you have had a flare-up of COPD in the past year.

1

In relation to your symptoms, how often do you use a rescue medication (inhalers or nebulisers) each week?

☐

Never / rarely

☐

Once or twice a week

☐

Most days

☐

Every day

2

How many times have you taken antibiotics for your COPD in the past year?

If you are prescribed antibiotics as part of your regular maintenance treatment for COPD, you should only answer this question for courses of antibiotics in addition to your repeat prescriptions.

☐

Never / not sure

☐

1

☐

2

☐

3+

3

How many times have you taken steroid tablets (e.g., prednisolone) for your COPD over the past year?

If you are prescribed steroid tablets as part of your regular maintenance treatment for COPD, you should only answer this question for courses of steroid tablets prescribed in addition to your repeat prescriptions.

☐

Never / not sure

☐

1

☐

2

☐

3+

4

How many times have you been in the hospital (emergency room, or a stay in the hospital) for your COPD in the past year?

☐

Never / not sure

☐

1

☐

2

☐

3+

Turn over to find out why this is important

WHY THIS IS IMPORTANT



Your flare-up history is the best way to predict your future risk.

Question 1: Frequent rescue inhaler use may indicate that your symptoms are getting worse.

Questions 2–4: If you answered “1”, or more, to any of these questions, you may have had a flare-up of COPD in the past year. It’s important to discuss this with your doctor.

Take this to your next COPD appointment to discuss options about how to improve your COPD management.



WHAT IS COPD?

Chronic obstructive pulmonary disease (COPD) is a common, progressive, manageable lung disease. You may have heard this referred to as emphysema or chronic bronchitis in the past.¹



WHAT IS A “FLARE-UP”?

A flare-up (also called an exacerbation or attack) is a sudden worsening of your COPD. Flare-ups can also have a long-term impact to your health and quality of life.^{1,2} Some common symptoms of a flare-up include:

- Feeling breathless or wheezy more than usual
- Coughing more than usual
- Producing more phlegm (mucus) than usual

**Talk to your doctor about steps you can take
to reduce your risk of a COPD flare-up**

References

1. Global Initiative for Chronic Obstructive Lung Disease (GOLD). Pocket Guide to COPD Diagnosis, Management, and Prevention – 2022 Report. Available at: https://goldcopd.org/wp-content/uploads/2021/11/GOLD-POCKET-GUIDE-2022-v1.1-22Nov2021_WMV.pdf. Last date of access: March 2022

2. Roche et al. DOI:10.1183/1393003.congress-2017.0A1487., Eur Resp J. 2017;50: 0A1487
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ON
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