My Medicines—How Can I Get the Most From Them?

Fill out a medicine chart like the one below and talk with your doctor or pharmacist. This will help you take the right dose, at the right time. Include all medicines that you take for all reasons.

- Always keep your quick-relief (rescue) medicine with you. It will give you quick relief when your symptoms get worse.
- You may think you can stop using your long-term controller medicine once you feel fine. But your long-term medicine is the most likely reason why you feel fine. Your airways still need it every day to treat COPD and control your symptoms.

Name and Strength of Medicine	How Much I Take	When I Take It	I Take It for	What My Pill Looks Like	Dates to Refill Rx	Special Instructions

Doctor's office contact name / phone number

Pharmacy contact name / phone number

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