

A usual day for me:	I will:
I feel well. I can be breathless when I am active but recover when I rest.	Use my inhalers and other medicines as prescribed. Take a walk or try to do some exercise.
A bad day for me:	I will:
I feel like I am getting a cold. I feel more breathless/wheezy. I may cough more.	Use my regular prescribed preventer inhalers and medicines. Try to clear phlegm (sputum) from my chest by coughing it up. Use my reliever inhaler (such as salbutamol), through a spacer. Inhale 2 to 4 puffs, 4 times a day when breathless. I can take up to 10 single puffs if very breathless.
I am feeling worse:	I could:
I may have ankle swelling.	Ask my respiratory nurse for advice. Keeping my feet up when sitting. I must tell my GP.
I may have a wheeze. I feel more breathless. My chest feels tight. My sputum has changed to dark yellow or green. I have had several courses of antibiotics and steroids and need to talk about this with my doctor.	You may need a course of steroids and should get medical advice. You may need a course of antibiotics and should get medical advice. Finish the course of medicines that I have been prescribed.
I feel worse even with the treatment:	
My breathing is much worse.	I will call my GP or ring 111 . I will call 999 if I need urgent help.



University Hospitals of Leicester and Leicestershire Partnership NHS Trusts
Working together to provide better healthcare

My COPD Plan

Last reviewed: August 2026

Next review: August 2029

Leaflet number: 309 Version: 3

Name: _____

NHS Number: _____

Hospital Number: _____

For help and advice about your COPD you can ask your:

- Community Respiratory Nurse (name)
Tel: 0300 300 7777 (Option 3), Monday to Friday, 8.30am to 4.30pm
- Your COPD Specialist Nurses at Glenfield Hospital
Tel: 0116 2502781, Monday to Friday, 8.30am to 4.30pm
- Single Point Access for all community services
Tel: 0300 300 3000 24 hours daily

Plan completed with:

Date completed:

It may help to take your COPD plan to your medical appointments

If you need help to understand this leaflet or would like it in a different language or format such as large print, Braille or audio, please ask a member of staff.

Stop smoking

If you smoke, stopping is the most important action you can take to manage your COPD. It can stop it from getting worse. Cigarette smoke will continue to irritate and damage your lungs if you do not stop.

The day after you stop smoking your lungs will feel the benefit!

You are **3 times** more likely to stop smoking if you have support or use stop smoking medicines like patches or gum. For more information visit <https://www.leicester.gov.uk/public-health-and-safety/public-health/get-help-stop-smoking> or www.smokefree.nhs.uk

For **free** help to **stop** smoking call:

- 0116 454 4000 (if you live in Leicester City)
- 0345 646 6666 (if you live in Leicestershire and Rutland County)



If you do not smoke, and have COPD, avoid secondhand smoke (passive smoking). This is when you inhale the smoke of cigarettes from other smokers.

Prevention

You should have your yearly flu (influenza) injection, one-time pneumonia injection, and covid boosters. This will help to reduce your risk of serious infections.

Lifestyle

Being active will help your lungs. A pulmonary (lungs) rehabilitation course will help you to learn how you can help yourself. It is an important part of your recovery after a flare-up (exacerbation) of your COPD. Ask your nurse or GP to refer you.

Inhaler technique

Inhalers help your medicine to go directly to your lungs with little of it going to the rest of the body. Side-effects are unlikely. You must know how to use your inhalers correctly. If you do not, then the medicine will not get into your lungs where it is needed.

It will not work as well if used wrong. Always ask your nurse, pharmacist or doctor to check that you are using your inhalers well.

I need to remember to:

.....
.....

Scan this QR code for **short videos** of inhaler technique for each type of inhaler device:

Or visit: www.asthma.org.uk/advice/inhaler-videos/



Medicines

Ask your pharmacist, nurse or doctor how your medicines work. Talk to them if you want to make any changes or you think you have any side-effects.

My allergies/sensitives:	Reaction

My inhaler which helps when I am breathless (reliever) is **salbutamol** (such as Ventolin) 100 micrograms. I can breathe in **2 puffs** when I am breathless. I must take 1 dose at a time using the spacer.

My medicines that help to prevent flare-ups (preventers):

Medicine	Dose	How many	How often

Checked by Date.....