



U.S. Department of Veterans Affairs
 Veterans Health Administration
 Northern California Health Care System

FOLLOW-UP CARE

NEXT APPOINTMENTS



A nurse from your doctor's office will call you within 48 hours to ask about your breathing and review your medication list

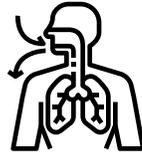


A pharmacist that works with your doctor will call you within 14 days to review all your medications

Sometimes your doctor wants additional tests (circle all that apply):



Heart ultrasound (echocardiogram)



Lung function test (pulmonary function test)



Other test (specify) _____

Date/time _____



You have an appointment with your primary care doctor

DATE: _____

TIME: _____



Sometimes you also will see a lung doctor

DATE: _____

TIME: _____



U.S. Department of Veterans Affairs
 Veterans Health Administration
 Northern California Health Care System

TRUSTED COPD RESOURCES

COPD Foundation



Scan me
using your
phone
camera

www.copdfoundation.org
(search for COPD)



**Breathing
Techniques**



**COPD Frequently
asked questions**

Krames Online



<http://vanortherncalifornia.kramesonline.com>

(search for COPD)



**Using an inhaler
and other videos
In Krames Online
VIDEO LIBRARY**



COPD Topics

American Thoracic Society



www.thoracic.org
(search for COPD)



Using Oxygen



COPD Fact Sheets



U.S. Department of Veterans Affairs

Veterans Health Administration
Northern California Health Care System

TOOLS TO QUIT SMOKING

Ready to make a change? The VA offers several ways to help you quit smoking



QuitNowTXT
SmokefreeVET

Text QUIT to 47848
or sign up online at:
<https://smokefree.gov/tools-tips/text-programs/quit-for-good/smokefreetxt>

Scan me using your phone camera



1-855-QUIT-VET
(1-855-784-8838)
9 a.m. and 9 p.m. ET,
Monday through Friday.

1-800-NO-BUTTS



Stay Quit Coach
VA based interactive app
made specifically for
veterans.

Download from:
<https://mobile.va.gov/app/stay-quit-coach>



You can also get medical help. Ask you doctor or pharmacist about:

Medications to stop cravings

Nicotine replacement

Call Vets Connect to make appointment to quit smoking: 1-800-382-8387

USING OXYGEN

Your lungs need more oxygen. At home you will have a supply of oxygen tanks. **The level of oxygen you need depends on what activity you are doing.** See below for how much oxygen you need:

Oxygen **when I sleep**

=

OXYGEN

How much O2

Oxygen when **I'm resting or relaxing**, and not asleep

=

OXYGEN

How much O2

Oxygen with **my daily activities**, like when I'm walking or traveling

=

OXYGEN

How much O2

REMEMBER

If you need oxygen when sleeping but you also use a CPAP or BIPAP, you can **connect the Oxygen to your machine**

