



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

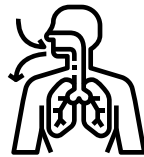


A pharmacist that works with your doctor will call you within 14 days to review all your medications

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



Heart ultrasound
(echocardiogram)



Lung function test
(pulmonary function test)



Other test (specify) _____

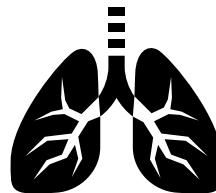
Date/time _____



You have an appointment with your primary care doctor

DATE: _____

TIME: _____



Sometimes you also will see a lung doctor

DATE: _____

TIME: _____



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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



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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**

