



Speak Up  
in BE

## DOCTOR DISCUSSION GUIDE

# Get the most out of your doctor's visit.

Bronchiectasis (BE) is a chronic and progressive disease, which means it may worsen over time, and it can lead to lung damage.

That's why it's important to partner with your doctor to get your questions answered and create a management plan that works for you.

### Use these questions to get the conversation with your doctor started.

Just check the questions you want to ask and add your own notes on the right.

Living with BE makes me feel \_\_\_\_\_ . BE makes it hard to \_\_\_\_\_ . What can I do differently to manage my BE?

*describe your feelings*

*describe an activity*

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How often should I check in with you, and how often do I need to schedule follow-up visits?

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What are our goals? What will we measure to track how I'm doing?

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Are there any dietary changes I should consider to help manage my symptoms?

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I've heard about pulmonary rehabilitation programs. Is that something I should consider?

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Are there exercises that I should be doing?

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Questions continue on the following page. →

## Partner with your doctor to manage your bronchiectasis (BE) together



Make a management plan



Schedule regular check-ins



Track possible BE flares

I am doing airway clearance \_\_\_\_\_  
*write a number*  
times per week. Should I increase that number? Are there other treatments or methods I should consider?

What BE management options are available?

What's the best way for me to communicate when and how often I think I'm having BE flares?

I think I've had about \_\_\_\_\_  
*write a number*  
BE flares since my last visit. Is there anything I can do to help reduce them?

What can I do if my BE flares are starting to happen more often?



To help you track your possible BE flares, scan the QR code with your phone or visit [SpeakUpInBronchiectasis.com/BEsymptomSnapshot](https://SpeakUpInBronchiectasis.com/BEsymptomSnapshot) and use the BE Symptom Snapshot

These are sample questions to help get the conversation started between you and your doctor. This is not, nor is it intended to be, a medical evaluation, examination, advice, consultation, diagnosis, or treatment. Always consult your doctor for all medical- and health-related matters.