

COPD: Taking Medicines After a Flare-Up

When you have COPD, a flare-up, or exacerbation, can send you rushing to the doctor's office. Or worse, the hospital. But you have the power to help prevent flare-ups, and trips to the hospital, by taking your COPD medicines exactly as your doctor tells you.

Your body needs regular care to help control your COPD and prevent flare-ups. Part of that regular care is taking your medicines the right way. That means the right dose, at the right time, for as long and as often as your doctor says.

Now, taking medicines every day can be inconvenient, especially on days when you feel pretty good. But some simple tools, like a calendar on your bathroom mirror, or the alarm on your cell phone, might help you remember.

If you're worried about cost, you can work with your doctor to find a less expensive medicine, or even get help paying for it. If you're worried about side effects, just know that many people have no side effects with COPD medicines, or they're able to deal with them.

If they do bother you, let your doctor know. You might be able to try a different medicine. So make yourself a promise to take care of yourself by taking your medicines just as instructed.

It's one of the best things you can do to stay out of the hospital.