

BRONCHIECTASIS SYMPTOM SNAPSHOT

Don't underestimate the impact of bronchiectasis (BE) flares.

If you're experiencing worsening BE symptoms, such as coughing, increased mucus, shortness of breath and fatigue, over a period of time – it could be a BE flare. BE flares can lead to lung damage, so it's important to tell your doctor when they happen and work together to manage them.

If BE symptoms worsen, it could be a BE flare. Some worsening symptoms may include:



Coughing



Mucus production



Change in mucus thickness or colour



Blood in mucus



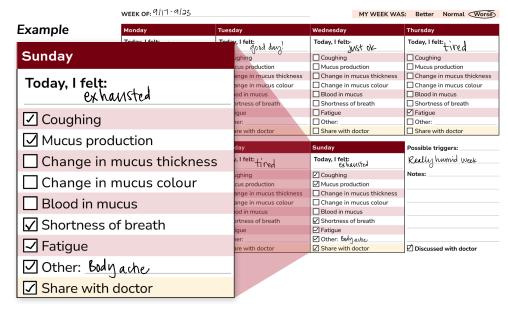
Shortness of breath



Fatique

It's important to track your worsening BE symptoms. Follow these easy steps:

- **1.** Get started by writing down the week you've tracked. At the end of each week, you can circle a rating (Better, Normal or Worse)
- 2. Ticking which symptoms got worse can help you keep track of which days were worse than normal
- **3.** If you think you've had a BE flare, you can tick the 'Share with doctor' box as a reminder. You can also add possible triggers at the bottom right of the form
- 4. Print as many pages as you need to cover additional weeks
- **5.** Once completed, these pages can be a helpful snapshot to share with your doctor, so you can discuss possible BE flares. You can also note when you've had the discussion in the tickbox at the bottom of the form







Tick the boxes to note your worsening bronchiectasis (BE) symptoms

WEEK OF: MY WEE			6: Better Normal Worse
Monday	Tuesday	Wednesday	Thursday
Today, I felt:	Today, I felt:	Today, I felt:	Today, I felt:
Coughing	Coughing	Coughing	Coughing
☐ Mucus production	☐ Mucus production	☐ Mucus production	☐ Mucus production
☐ Change in mucus thickness			
☐ Change in mucus colour			
☐ Blood in mucus			
☐ Shortness of breath			
☐ Fatigue	☐ Fatigue	☐ Fatigue	☐ Fatigue
Other:	Other:	Other:	Other:
Share with doctor	☐ Share with doctor	☐ Share with doctor	Share with doctor
Friday	Saturday	Sunday	Possible triggers:
Today, I felt:	Today, I felt:	Today, I felt:	
Coughing	Coughing	Coughing	Notes:
☐ Mucus production	☐ Mucus production	☐ Mucus production	
Change in mucus thickness	Change in mucus thickness	Change in mucus thickness	
Change in mucus colour	☐ Change in mucus colour	☐ Change in mucus colour	
Blood in mucus	☐ Blood in mucus	Blood in mucus	
☐ Shortness of breath	☐ Shortness of breath	☐ Shortness of breath	
☐ Fatigue	☐ Fatigue	☐ Fatigue	
Other:	Other:	Other:	
Share with doctor	Share with doctor	Share with doctor	☐ Discussed with doctor





Think it might be a bronchiectasis (BE) flare? Speak to your doctor.



BE flares can lead to lung damage. That's why it's so important to tell your doctor when you think you're having flares and how they impact your life.

This information can help your doctor determine how to best manage what you're experiencing. And it all starts with tracking your BE symptoms.

Here are some questions about BE flare	es you can ask your doctor
I think I've had about	
BE flares since my last visit. Is there	
anything I can do to help reduce them?	
☐ I seem to have BE flares when	
, and it forces me to	
write how you cope . Is there anything	
we can do to manage my condition?	
☐ What can I do if my BE flares are	
starting to happen more often?	
☐ Are there any specific triggers or factors	
that increase my risk of BE flares?	
☐ Can BE flares result in lung damage?	
What's the best way for me to share how often I'm experiencing possible	
BE flares?	



