



## 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



Fatigue

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

WEEK OF: 9/17-9/23 MY WEEK WAS: Better Normal **Worse**

Monday	Tuesday	Wednesday	Thursday
<p><b>Example</b></p> <p>Today, I felt: <i>exhausted</i></p> <p><input checked="" type="checkbox"/> Coughing</p> <p><input checked="" type="checkbox"/> Mucus production</p> <p><input type="checkbox"/> Change in mucus thickness</p> <p><input type="checkbox"/> Change in mucus colour</p> <p><input type="checkbox"/> Blood in mucus</p> <p><input checked="" type="checkbox"/> Shortness of breath</p> <p><input checked="" type="checkbox"/> Fatigue</p> <p><input checked="" type="checkbox"/> Other: <i>body ache</i></p> <p><input checked="" type="checkbox"/> Share with doctor</p>	<p>Today, I felt: <i>good day!</i></p> <p><input type="checkbox"/> Coughing</p> <p><input type="checkbox"/> Mucus production</p> <p><input type="checkbox"/> Change in mucus thickness</p> <p><input type="checkbox"/> Change in mucus colour</p> <p><input type="checkbox"/> Blood in mucus</p> <p><input type="checkbox"/> Shortness of breath</p> <p><input type="checkbox"/> Fatigue</p> <p><input type="checkbox"/> Other:</p> <p><input type="checkbox"/> Share with doctor</p>	<p>Today, I felt: <i>just ok</i></p> <p><input type="checkbox"/> Coughing</p> <p><input type="checkbox"/> Mucus production</p> <p><input type="checkbox"/> Change in mucus thickness</p> <p><input type="checkbox"/> Change in mucus colour</p> <p><input type="checkbox"/> Blood in mucus</p> <p><input type="checkbox"/> Shortness of breath</p> <p><input type="checkbox"/> Fatigue</p> <p><input type="checkbox"/> Other:</p> <p><input type="checkbox"/> Share with doctor</p>	<p>Today, I felt: <i>tired</i></p> <p><input type="checkbox"/> Coughing</p> <p><input type="checkbox"/> Mucus production</p> <p><input type="checkbox"/> Change in mucus thickness</p> <p><input type="checkbox"/> Change in mucus colour</p> <p><input type="checkbox"/> Blood in mucus</p> <p><input type="checkbox"/> Shortness of breath</p> <p><input checked="" type="checkbox"/> Fatigue</p> <p><input type="checkbox"/> Other:</p> <p><input type="checkbox"/> Share with doctor</p>
	<p>Today, I felt: <i>tired</i></p> <p><input checked="" type="checkbox"/> Coughing</p> <p><input checked="" type="checkbox"/> Mucus production</p> <p><input type="checkbox"/> Change in mucus thickness</p> <p><input type="checkbox"/> Change in mucus colour</p> <p><input type="checkbox"/> Blood in mucus</p> <p><input checked="" type="checkbox"/> Shortness of breath</p> <p><input checked="" type="checkbox"/> Fatigue</p> <p><input checked="" type="checkbox"/> Other: <i>body ache</i></p> <p><input checked="" type="checkbox"/> Share with doctor</p>	<p>Today, I felt: <i>exhausted</i></p> <p><input checked="" type="checkbox"/> Coughing</p> <p><input checked="" type="checkbox"/> Mucus production</p> <p><input type="checkbox"/> Change in mucus thickness</p> <p><input type="checkbox"/> Change in mucus colour</p> <p><input type="checkbox"/> Blood in mucus</p> <p><input checked="" type="checkbox"/> Shortness of breath</p> <p><input checked="" type="checkbox"/> Fatigue</p> <p><input checked="" type="checkbox"/> Other: <i>body ache</i></p> <p><input checked="" type="checkbox"/> Share with doctor</p>	<p>Possible triggers: <i>Really humid week</i></p> <p>Notes:</p> <p><input checked="" type="checkbox"/> Discussed with doctor</p>

**Disclaimer: If you have any medical concerns, please contact your doctor or seek emergency medical care.**

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

WEEK OF: \_\_\_\_\_

MY WEEK WAS: **Better** **Normal** **Worse**

Monday	Tuesday	Wednesday	Thursday
Today, I felt: _____	Today, I felt: _____	Today, I felt: _____	Today, I felt: _____
<input type="checkbox"/> Coughing	<input type="checkbox"/> Coughing	<input type="checkbox"/> Coughing	<input type="checkbox"/> Coughing
<input type="checkbox"/> Mucus production	<input type="checkbox"/> Mucus production	<input type="checkbox"/> Mucus production	<input type="checkbox"/> Mucus production
<input type="checkbox"/> Change in mucus thickness	<input type="checkbox"/> Change in mucus thickness	<input type="checkbox"/> Change in mucus thickness	<input type="checkbox"/> Change in mucus thickness
<input type="checkbox"/> Change in mucus colour	<input type="checkbox"/> Change in mucus colour	<input type="checkbox"/> Change in mucus colour	<input type="checkbox"/> Change in mucus colour
<input type="checkbox"/> Blood in mucus	<input type="checkbox"/> Blood in mucus	<input type="checkbox"/> Blood in mucus	<input type="checkbox"/> Blood in mucus
<input type="checkbox"/> Shortness of breath	<input type="checkbox"/> Shortness of breath	<input type="checkbox"/> Shortness of breath	<input type="checkbox"/> Shortness of breath
<input type="checkbox"/> Fatigue	<input type="checkbox"/> Fatigue	<input type="checkbox"/> Fatigue	<input type="checkbox"/> Fatigue
<input type="checkbox"/> Other: _____	<input type="checkbox"/> Other: _____	<input type="checkbox"/> Other: _____	<input type="checkbox"/> Other: _____
<input type="checkbox"/> Share with doctor	<input type="checkbox"/> Share with doctor	<input type="checkbox"/> Share with doctor	<input type="checkbox"/> Share with doctor

Friday	Saturday	Sunday	Possible triggers: _____
Today, I felt: _____	Today, I felt: _____	Today, I felt: _____	_____
<input type="checkbox"/> Coughing	<input type="checkbox"/> Coughing	<input type="checkbox"/> Coughing	Notes: _____
<input type="checkbox"/> Mucus production	<input type="checkbox"/> Mucus production	<input type="checkbox"/> Mucus production	_____
<input type="checkbox"/> Change in mucus thickness	<input type="checkbox"/> Change in mucus thickness	<input type="checkbox"/> Change in mucus thickness	_____
<input type="checkbox"/> Change in mucus colour	<input type="checkbox"/> Change in mucus colour	<input type="checkbox"/> Change in mucus colour	_____
<input type="checkbox"/> Blood in mucus	<input type="checkbox"/> Blood in mucus	<input type="checkbox"/> Blood in mucus	_____
<input type="checkbox"/> Shortness of breath	<input type="checkbox"/> Shortness of breath	<input type="checkbox"/> Shortness of breath	_____
<input type="checkbox"/> Fatigue	<input type="checkbox"/> Fatigue	<input type="checkbox"/> Fatigue	_____
<input type="checkbox"/> Other: _____	<input type="checkbox"/> Other: _____	<input type="checkbox"/> Other: _____	_____
<input type="checkbox"/> Share with doctor	<input type="checkbox"/> Share with doctor	<input type="checkbox"/> Share with doctor	<input type="checkbox"/> 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 flares you can ask your doctor

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?

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I seem to have BE flares when \_\_\_\_\_,  
*write your triggers*  
and it forces me to \_\_\_\_\_.  
*write how you cope*  
Is there anything we can do to manage my condition?

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

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Are there any specific triggers or factors that increase my risk of BE flares?

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Can BE flares result in lung damage?

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What's the best way for me to share how often I'm experiencing possible BE flares?

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