YOUR DOCTOR IS YOUR PARTNER
LEARN HOW TO HAVE MORE PRODUCTIVE APPOINTMENTS TOGETHER

Finding out you have idiopathic pulmonary fibrosis (IPF) can be overwhelming, but you’re already off to a great start. You’ve chosen a doctor who can help you make an IPF management plan that fits your needs and lifestyle.

At your next appointment, you can use this guide to help you stay informed about IPF and your IPF management plan. The tips and questions below are designed to help you and your doctor have more productive appointments together.

How to keep track of your conversations with your doctor

When your doctor talks about IPF, you probably hear a lot of new information. It can be hard to remember everything your doctor has said after you’ve left the office. To help you keep track of everything, try these helpful tips:

• **Ask if your doctor or a nurse could write important information down.** They know what’s important for you to remember.

• **If a friend or family member can join you, ask them to take notes.** That way, you’re free to focus on listening and talking to your doctor.

QUESTIONS TO ASK YOUR DOCTOR

**Learning more about IPF**

• What is IPF? How is it affecting my lungs and body?

• How will IPF affect my hobbies and day-to-day life?

• How serious is my condition? Are there ways to keep it from getting worse?
Managing your IPF symptoms

- What are some of the common IPF symptoms?
- What can I do to feel better from the symptoms I have now?

Learn about ways to manage your IPF

- Are there IPF medicines I can take? What do they do?
- Should I go to pulmonary rehabilitation?
- Will I need to use supplemental oxygen?
- Am I eligible to receive a lung transplant or join a clinical trial?
- How often should I come back for appointments or tests?
- What other healthcare professionals should I see (such as a nutritionist, respiratory therapist, etc)?
- What else do you think I should know?
- Is there anything I can do to help prepare for my next appointment?

You may also want to ask your doctor about local IPF support group meetings, so you can talk with others who have had similar experiences.