

## TALK TO YOUR DOCTOR

Discussing COPD with your doctor is an important step. Use this guide to help you get the most out of your discussion.

# 1

### Be Prepared

It's important to be prepared so you can get the most out of your visit. Here are some tips to keep in mind as your appointment nears:

- Assess your COPD symptoms. Are they getting better or worse?
- Write down your concerns about COPD
- Have a practice discussion with a friend or family member

# 2

### Ask Questions

Your doctor is your greatest resource, so now is the best time to ask questions. Below is a list of sample questions that can get the conversation started:

- How concerned should I be about COPD?
- What changes can I make to improve my breathing?
- What types of medicine are available for my condition?
- What kind of help do you recommend for quitting smoking?

# 3

### Set Goals

Stay active. Eat right. Quit smoking. Take your medicine as prescribed. These are just a few examples of goals that can keep you motivated while managing your COPD. Discuss your goals with your doctor at your appointment to ensure that your doctor is involved in your overall health plan.

Having an honest, ongoing conversation with your doctor is an important step in managing your COPD,

#### An important note:

The health information provided here is for educational purposes only and is not intended to replace discussions with your doctor.

#### What is TUDORZA PRESSAIR?

TUDORZA PRESSAIR is a prescription medicine used long term, 2 times each day to treat the symptoms of chronic obstructive pulmonary disease (COPD), including chronic bronchitis and emphysema.

TUDORZA PRESSAIR is **not** a rescue medicine and should not be used for treating sudden breathing problems. Your doctor may give you other medicine to use for sudden breathing problems.

#### When considering TUDORZA as a treatment option, ask your doctor about these topics:

- Can TUDORZA help me breathe better?
- How does TUDORZA work?
- What are the most common side effects of TUDORZA?



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#### IMPORTANT SAFETY INFORMATION ABOUT TUDORZA

##### Who should not use TUDORZA PRESSAIR?

Do not use TUDORZA PRESSAIR if you have a severe allergy to milk proteins, or are allergic to aclidinium bromide, or any of the ingredients in TUDORZA PRESSAIR. Ask your healthcare provider if you are not sure.

##### What should I tell my doctor before using TUDORZA?

Before you use TUDORZA, tell your doctor about all your medical conditions, including if you have eye problems (especially glaucoma), prostate or bladder problems, or problems passing urine. TUDORZA may make these problems worse.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines and eyedrops. Especially tell your doctor if you take anticholinergics (including tiotropium, ipratropium) and atropine.

Do not use TUDORZA more often than prescribed or take more medicine than prescribed for you.

Seek immediate medical help if your breathing problems worsen with TUDORZA, you need to use your rescue inhaler more often than usual, or your rescue inhaler does not work as well for you.

##### What are the possible side effects of TUDORZA?

TUDORZA can cause serious side effects. Stop taking TUDORZA and seek medical help right away if you experience:

- Sudden shortness of breath immediately after use of TUDORZA
- New or worsened symptoms of increased pressure in your eyes (acute narrow-angle glaucoma), which may include eye pain, nausea or vomiting, blurred vision, seeing halos or bright colors around lights, or red eyes. Using only eyedrops to treat these symptoms may not work and if not treated, this could lead to permanent loss of vision
- Symptoms of new or worsened urinary retention (difficult, painful, or frequent urination, or urination in a weak stream or drips)
- Serious allergic reactions including rash, hives, swelling of the face, lips, tongue, or throat; breathing problems; and itching

##### What are the most common side effects of TUDORZA?

The most common side effects of TUDORZA include headache, common cold symptoms, and cough. These are not all the possible side effects with TUDORZA.

**Please see the full Prescribing Information at [www.tudorza.com](http://www.tudorza.com).**