



The Bronchiectasis Patient Checklist

The Bronchiectasis Patient Checklist on the next page is based on the European Bronchiectasis Guidelines 2025, developed by a team of expert doctors, physiotherapists, other healthcare professionals and patients.

The checklist reflects what most patients with bronchiectasis should expect from their care according to these guidelines. In some cases, the treatments described may not be suitable for you.

Your healthcare professional will explain which ones apply to you. This document does not contain detailed information on bronchiectasis and should be used in discussion with your doctor.



Please note that not all of these recommendations will apply to all patients. Ask your healthcare professional to go through the list and make sure that you understand your condition.

Note here anything in particular that you want to discuss with your healthcare professional:

As a patient with bronchiectasis I should expect the following:

- ☐ I understand what bronchiectasis is and I know where to find additional information and support if needed.
- ☐ My doctor or nurse has performed tests to find out why I developed bronchiectasis. I have been told the cause of my bronchiectasis, or that no cause has been found despite testing.
- ☐ I give a sample of sputum at least once per year to check for new infections and to help choose the right antibiotic if I have an infection.
- ☐ I have been shown exercises (airway clearance techniques) to help me to cough up sputum.
- ☐ If I have trouble with coughing up sputum despite doing airway clearance techniques, I have been offered extra help, such as seeing a physiotherapist or additional medication.
- ☐ I have a written self-management plan that explains how to recognise an exacerbation (worse cough, change in sputum, breathlessness, fever, reduced exercise tolerance or haemoptysis), what to do first and when to contact my team – including whether I can start antibiotics at home.
- ☐ When I develop a flare-up of symptoms, I am given antibiotics for 2 weeks and my airway clearance techniques may be adjusted to help manage the symptoms.
- ☐ If I am having frequent chest infections (2 or more per year), have worsening symptoms or feel my condition is getting worse, I will be reassessed for a treatment plan.
- ☐ If I suffer from breathlessness, I have been offered pulmonary rehabilitation (a series of classes that improve exercise capacity).
- ☐ I understand my current medications: what each medication is for, how and when to take them, and what side effects to watch for.
- ☐ I have received advice about vaccinations (annual influenza and other recommended vaccines) and general health measures (stop smoking, healthy diet, regular exercise, bone health where appropriate).