

Bronchiectasis symptom diary

My usual symptoms are:

Cough

- I normally cough most days of the week
 - I normally cough 1 or 2 days of the week
 - I normally cough a few days a month
 - I normally cough only when I have a chest infection
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- My cough is dry
 - My cough is wet
 - My cough is both dry and wet

Sputum

- I normally cough up sputum most days of the week
- I normally cough up sputum 1 or 2 days of the week
- I normally cough up sputum a few days of the month
- I normally cough up sputum only when I have a chest infection

My sputum is

- clear
- white
- light yellow or green
- dark yellow or green
- brown

I cough up this amount of sputum in a day

- 1 teaspoon
- 1 tablespoon
- half an egg cup
- 1 egg cup

My sputum is

- thin and easy to clear
- thick, sticky and hard to clear

I get breathless when

- I walk around my home
- I walk outside on the level
- I walk up a slope or a flight of stairs
- I exercise or play sport
- I only get breathless when I have a chest infection
- I never get breathless

My other usual symptoms are

- wheezing
- tiredness
- fatigue
- other