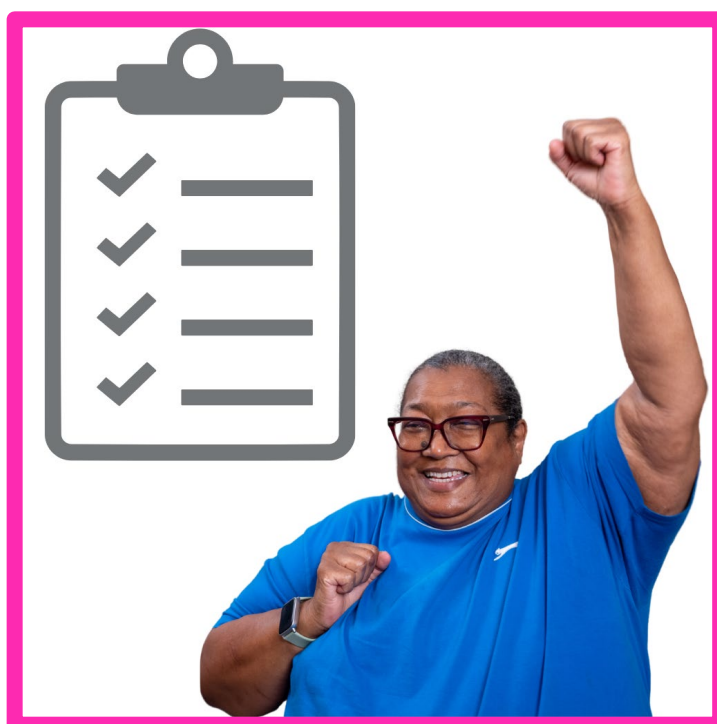


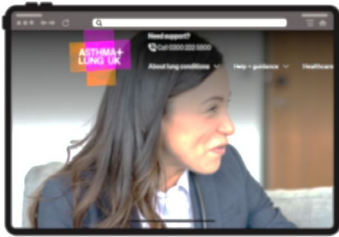
# Getting ready for PR

## Checklist



# Things to do

## When my doctor tells me about PR



1. I will read **Your Guide to PR** or watch the videos online.



2. I will make a list of questions about PR to ask my PR team.



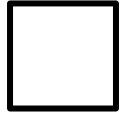
3. I will make a list of things I want help with at my PR course.



For example, being out of breath.

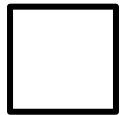
## Things to do

### When I am invited to a PR check



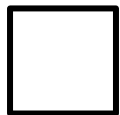
4. I will make sure I am free on that date.

I will put it in my calendar or set a reminder.



5. I will think about asking someone to come with me.

I will check they are free on that date too.



6. I will plan how to get to my PR check.



I can ask my PR team for help to get there.

# Things to do

## On the day of my PR check



7. I will wear

- comfy clothes so I can move around easily.
- layers of clothes that I can take off easily if I am hot.
- trainers or flat shoes.



8. I will bring any medicines that I might need, like inhalers, tablets or sprays.



9. I will bring other things I might need, like

- water or a soft drink.
- reading glasses.
- a hand fan.
- my hearing aids.
- my walking stick or frame.



10. I will bring my list of questions for my PR team.

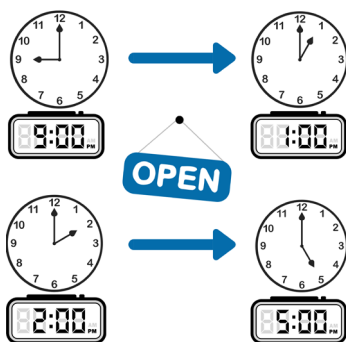
# How Asthma + Lung UK can help you



For help to get ready for PR,  
you can speak to our friendly team:

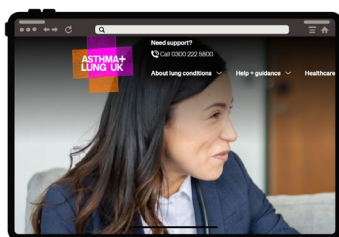


- phone **0300 222 5800**  
Press 4 when you hear the voice.
- email [helpline@asthmaandlung.org.uk](mailto:helpline@asthmaandlung.org.uk)



We are open Monday to Friday

- 9am to 1pm
- 2pm to 5pm



You can read more Easy Read booklets  
on our website

[www.asthmaandlung.org.uk/easy-read](http://www.asthmaandlung.org.uk/easy-read)

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This study is funded by the National Institute for Health and Care Research (NIHR), Programme Grants for Applied Research Programme (NIHR 204401). The views expressed are those of the author(s) and not necessarily those of the NIHR or the Department of Health and Social Care.

### Developed with



### Version 1.

Last reviewed May 2026.

Next review due May 2029.



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