Call the clinic promptly for the following issues:
- Increase in cough or wheeze
- Increase in sputum amount or color change
- New or increased blood in sputum
- New or increased shortness of breath
- New or increased sinus pain or headache
- Fever, chills or sweats
- Frequent vomiting or abdominal pain
- Decreased or poor appetite
- Changes in stool pattern

If you have increased respiratory symptoms, try:
- Increasing Albuterol/levalbuterol to 4 puffs (up to every 4 hours)
- Increasing Hypertonic Saline to 3 – 4 times daily
- Increasing CPT/VEST treatments to 3 – 4 times daily

Call 911 or visit the emergency department if you are experiencing:
- Difficulty breathing or severe shortness of breath
- Severe abdominal pain

Important Phoenix Children’s phone numbers:
Scheduling (select option for scheduling) ..........(602) 933-0985
Follow My Health patient portal .........................(602) 933-1490
Pharmacy .............................................................(602) 933-2048
Prior authorization (medication) .........................(602) 933-6696
Psychology (specify CF when calling) ..................(602) 933-0414
Radiology scheduling ............................................(602) 933-1213

Other important phone numbers:
CF Foundation Compass (resource hub) .............(844) 266-7277
CFF Legal Hotline .................................................(713) 224-1161
Healthwell Foundation ...........................................(800) 675-8416
CF Foundation AZ Chapter .................................(602) 244-0068

Reminders
- The CF Foundation care guidelines recommend four clinic visits per year. This allows health care providers to monitor for changes and keep you healthy.
- Notify your CF team as soon as possible if you have changes in your insurance. We want to make sure you have uninterrupted access to your medication and health care.
- We are here to help! Please reach out to us if you have questions about your health or need assistance obtaining or affording your care or medications.
Call the clinic promptly for the following issues:
- Increase in cough or wheeze
- Increase in sputum amount or color change
- New or increased blood in sputum
- New or increased shortness of breath
- New or increased sinus pain or headache
- Fever, chills or sweats
- Frequent vomiting or abdominal pain
- Decreased or poor appetite
- Decreased or poor urine output

When having increased respiratory symptoms:
- Increase Albuterol to 4 puffs up to every 4 hours
- Increase Hypertonic Saline to 3 - 4 times daily
- Increase CPT/VEST treatments to 3 - 4 times daily
- Do not increase Pulmozyme

Call 911 or visit the emergency department if you are experiencing:
- Breathing getting worse with rapid breathing, retractions
- No improvement with medication

Notify the clinic, when able, for the following:
- Poor or decreased appetite
- Weight loss
- Changes in stool pattern or output

Important Phoenix Children’s phone numbers:
- Scheduling ...............................................................(602) 933-0985
- Follow My Health patient portal.................................(602) 933-1490
- Pharmacy .............................................................................(602) 933-2048
- Prior authorization (medication)........................................(602) 933-6696
- Psychology (specify CF when calling)..............................(602) 933-0414
- Radiology scheduling....................................................(602) 933-1213
- Gastroenterology ...............................................................(602) 933-0940
- ENT (otolaryngology) ......................................................(602) 933-0940
- Endocrinology .................................................................(602) 933-0935
- Ophthalmology ...............................................................(480) 835-0709
- Surgery ............................................................................(602) 933-0016

Reminders
- The CF Foundation guidelines recommend four clinic visits a year. If under 2 years old, more frequent visits are required.