

COPD Rescue Pack

Your rescue (standby) pack of medication should be used when your COPD gets worse.

WHEN SHOULD I TAKE THEM?

Your COPD may be getting worse if you have any of the following symptoms:

- Increased breathlessness which interferes with normal activity
- New or increased chest tightness
- Change in sputum (phlegm) quantity
- Change in sputum colour
- New or increased amount of coughing

If you have ONE of these symptoms ---Increase your reliever inhaler (salbutamol)

Rest and stay indoors

If you have TWO or more of these symptoms for over 24 hours despite using your reliever inhaler- START RESCUE PACK as follows

- 1) PREDNISOLONE 5MG (steroids)– take 6 tablets immediately then 6 tablets together each morning for 7 days

If your phlegm has changed colour to green or brown then also take the antibiotics as follows;

- 2) AMOXICILLIN 500MG (antibiotic)– take 1 tablet three times a day for 7 days until course complete

PLEASE LET THE COPD NURSE OR DOCTOR KNOW WHEN YOU HAVE USED YOUR RESCUE PACK SO THAT ANOTHER CAN BE ISSUED

If you develop emergency symptoms even after starting your medications, such as;

- Severe breathlessness
- Chest pain
- Inability to complete sentences
- High fever or temperature
- New or worsening swelling of the legs

CONTACT YOUR GP 01228 529171 or OUT OF HOURS CHOC 03000247247 IMMEDIATELY.

IN AN EXTREME EMERGENCY CALL 999 and ask for an ambulance