

Contact your GP practice or Out of Hours Service if:

- You are feeling drowsy
- You are feeling agitated or confused
- You have a high fever
- You have increased ankle/leg swelling
- You can't cope at home

Dial 999 for an ambulance and show the paramedics this plan if:

- You are severely breathless or
- You have chest pain

Special thanks to NHS Cambridgeshire, Leicester NHS Trust, Peterborough Community Services and the British Lung Foundation

V 5.0

COPD Rescue Medication Plan

My name is: _____

Contact List

Service	Name	Phone Number
GP		
Practice Nurse		
Pharmacy		
Community Matron		
Out of Hours	Northern Doctors	111

COPD Regular treatment

Medication	Dose

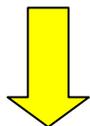
Top Tips to Avoid a Flare-up

STOP SMOKING – Telephone 01642 383819

- Take your regular medication as instructed by your doctor or nurse
- Try to stay as active as possible
- Eat healthily and drink plenty of fluid to keep mucus thin
- In Winter, stay warm. In Summer, stay in the shade.

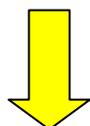
Additional treatment for Flare-ups:

IF SHORTNESS OF BREATH, WHEEZING OR COUGHING MORE THAN USUAL



Salbutamol Inhaler

ENSURE you are using this regularly via your volumatic

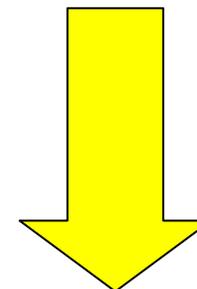


If after using your Salbutamol Inhaler, your shortness of breath, wheeze or cough DOES NOT improve and you have difficulty performing usual activities,

Start Prednisolone 5mg tablets

Take 6 tablets immediately then 6 tablets for the following SIX mornings

IF SPUTUM BECOMES A DARKER COLOUR THAN NORMAL FOR YOU



Start Amoxicillin 500mg capsules

Take ONE capsule THREE times a day for 5 days

OR

Start Doxycycline 100mg capsules

Take TWO capsules immediately then ONE capsule for the following 4 mornings

IMPORTANT NOTE:

Contact your GP or nurse within 48 hours of starting your additional treatment and say that you have started your rescue pack and would like to arrange a review appointment.

If your symptoms do not improve in 48 hours or continue to get worse contact your GP practice, if open, or the out of hours service.

You must finish your course of medication even if you feel better before the end of it.