

COPD Rescue Pack



Exceptional healthcare, personally delivered

If you have **two or more symptoms** for over 24 hours, despite using more of your reliever inhaler (blue salbutamol) then start your rescue pack as follows:

1. First, check your Rescue Pack medicines are not out of date - the expiry date is on the box.

If the medicines have passed their expiry dates then do not use them; instead contact your Doctor urgently to obtain a new supply.

2. Steroid (Prednisolone 5mg) tablets - Take EIGHT tablets immediately and then take EIGHT tablets again as a single dose each morning, with food, for a total of five days..

3. If one of the symptoms is a change in the colour of your sputum (phlegm), especially if it is becoming green you should also start the antibiotic capsules.

(please see sputum chart on page 7)

4. Antibiotics (doxycycline 100mg) capsules – Take TWO capsules straight away and then ONE capsule, starting the next day, for a total of five days.

If you take calcium tablets do not take them within 2 hours of taking the doxycycline capsules

Or (advice if an alternative to doxycycline):

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What else should I do?

If you start your rescue pack, you must contact your GP or COPD nurse to inform them that you are less well and have started the rescue pack.

What should I do if I've forgotten to take a dose?

It is important that you take the medication as prescribed.

However, if you forget to take a dose, take it as soon as you remember and then carry on taking your next dose at its regular time. If you realise you have missed a dose but it is almost time for your next dose, do not take a double dose, skip the dose you have missed, take the next dose at its regular time and then carry on as normal with any remaining doses.

Are there any side effects?

All medications may cause side effects. With short courses such as your COPD Rescue Pack, most people don't have any problems.

The patient information leaflets supplied with each medication within your Rescue pack list the more common side effects and other precautions for each medication. Please read these leaflets. If you are concerned about any side effects please contact your COPD nurse, GP or Community Pharmacist for further information.

If it is out of hours phone NHS 111.

If you develop any emergency symptoms, even after starting the rescue pack, such as:

- severe breathlessness
- chest pain
- high fever or temperature
- Feeling of agitation, fear, drowsiness or confusion

Contact your GP or community matron immediately.

In an extreme emergency dial 999 and ask for an ambulance.

If you need to go to the hospital please take all your medications with you.

Make sure you request a replacement rescue pack once you have recovered.

NHS Constitution. Information on your rights and responsibilities.
Available at www.nhs.uk/aboutnhs/constitution

Sputum colour chart



**PATIENT
APPROVED** 

How to contact us:



Respiratory Specialist team
Southmead Hospital
Bristol
BS10 5NB



0117 414 2011

Monday to Friday
8:00 am – 4:30pm



www.nbt.nhs.uk

If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.

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be involved...**
in research



While in our care, you may be invited to take part in a research study.

To find out more visit:
www.nbt.nhs.uk/research



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