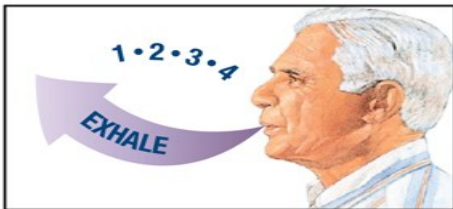
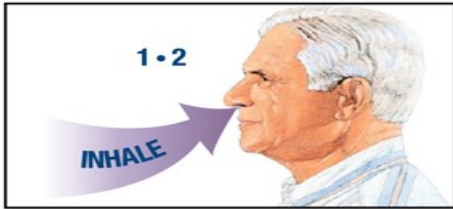


Breathing technique

If you feel short of breath, try using this breathing technique:



To stay healthy:

- Don't smoke
- Attend pulmonary rehabilitation
- Routinely clear your chest
- Use your inhalers regularly
- Keep active

Attach patient addressograph

Respiratory CNS

Date

Further information

For further information contact the Respiratory Specialist Nurses at the Lister Hospital:

☎ 01438 285621

Monday to Friday, 9am - 5pm

Useful telephone numbers

British Lung Foundation

Helpline **☎ 03000 030 555**


Monday to Friday, 9am - 5pm.

www.blf.org.uk

Breathe Easy Support Group

To find your nearest support group contact the British Lung Foundation on the number above.

Hertfordshire Stop Smoking Service

 You can refer yourself to the service

☎ 0800 389 3998 or

Text **`Smokefree`** to **80818** or

online via www.hertsdirect.org/stopsmoking

www.enherts-tr.nhs.uk

You can request this information in a different format or another language.

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Department of Respiratory Medicine

Bronchiectasis Management Plan



My symptoms day to day:

Cough: I normally cough...

- Most days of the week
- One or two days per week
- A few days a month
- Only with chest infections

Sputum: I normally cough up sputum...

- Most days of the week
- One or two days of the week
- A few days a month
- Only with chest infections

What colour is it?

- Clear
- White
- Light yellow or green
- Dark yellow or green

Daily sputum volume:

- 1 teaspoon
- 1 tablespoon
- half sputum pot
- full sputum pot

Breathlessness: I normally become breathless...

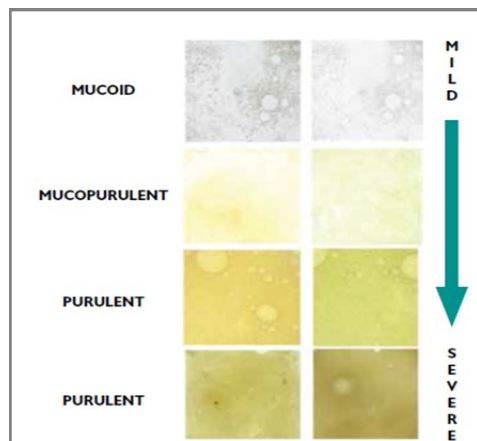
- Walking around home
- Walking outside on level ground
- Walking up stairs
- Only when I have chest infections
- I never become breathless

Signs of a chest infection:

- Feeling unwell
- Change in quantity and thickness of sputum
- Change in colour of sputum
- Worsening breathlessness

Action:

- Clear your chest more often.
- Take your medication and inhalers.
- Stay well hydrated.
- Collect sputum sample and take to GP as soon as possible. If you cannot get to the surgery that same day, keep the sample in the fridge overnight.
- Some colds and infections get better without antibiotics.
- **Only take antibiotics if sputum changes colour.**



When and where to seek help:

Routine GP:

- ⇒ If you feel your bronchiectasis is worse but your sputum remains the same.
- ⇒ You haven't improved within 48 hours, make an appointment to see your GP.
- ⇒ Take sputum sample to GP - do not start antibiotics until you've seen GP.

Urgent GP:

- ⇒ You are unwell and coughing up more sputum.
- ⇒ Sputum has changed colour.
- ⇒ You are more breathless.
- ⇒ Coughing up blood, and/or you have chest pain when breathing in.
- ⇒ Collect a sputum sample then start recommended antibiotics immediately. Contact GP for urgent appointment.

Emergency GP or 999:

- ⇒ You are confused or drowsy.
- ⇒ Coughing up large amounts of blood.
- ⇒ Severely breathless when talking.
- ⇒ **Call emergency GP first, take standby antibiotics.**
- ⇒ **Or attend nearest Emergency Department.**