

# Information:

## Recommended Chest Treatment - Daily

- 1.
- 2.
- 3.
- 4.

## Recommended Chest Treatment - Infection

- 1.
- 2.
- 3.
- 4.

## Record of Antibiotic Use

Antibiotic	Prescribed by	Signature	Date

## Contacts

Name.....DOB. / /

Hospital/NHS Number.....

GP Name.....Surgery.....

Consultant.....

# Bronchiectasis



# Self

Patient  
management

## Advice....

How to self manage the symptoms and effects of Bronchiectasis

# Chest Infections:

# My Symptoms:

Day to day – (Not during a chest infection)

## Signs:

- Feeling generally unwell
- Coughing up more sticky sputum
- Worsening colour to your sputum (Clear to Light or Dark Yellow/Green or Light to Dark Yellow/ Green)
- Worsening breathlessness

## Action:

- Clear your chest more often.
- Take your medication and inhalers.
- Drink plenty of fluids.
- Collect sputum sample and hand to GP as soon as possible.  
  
(If cannot get to surgery that day, keep sample in fridge overnight)
- Some colds get better without needing antibiotics. If there is no change in the amount or colour of sputum, do **not** start antibiotics.

*Tick a circle.....*

**Cough:** *I normally cough.....*

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

**Sputum:** *I normally cough up sputum..*

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

**What colour is it:** (circle colour)

Clear – White – Light yellow or green  
Dark yellow or green

**Daily sputum volume:** (circle)

1teaspoon          1tablespoon  
Half sputum pot  
Full sputum pot or more

**Condition of your sputum:**

Watery or Sticky

**Breathlessness:** *I normally become breathless.....*

- Walking around home.
- Walking outside on the level.
- Walking up a flight of stairs.
- Playing sports.
- I only become breathless with chest infections.
- I never become breathless.

**Other usual symptoms e.g.**

*Wheezing – Tiredness –  
Fatigue.....*

.....



## Advice-day to day

# Advice-day to day

- Clear your chest as advised by your physiotherapist.
- Take your medication and inhalers, if on them, as prescribed.
- Never allow medicines to run out.
- Keep a rescue antibiotic course at home.
- Drink plenty of fluids, eat a healthy diet and take regular exercise.
- Don't smoke. Ask for help from your practice nurse if needed.
- Get your annual flu injection when offered.
- Avoid visiting anyone who is unwell with a cold, flu or chest infection.
- Keep a supply of sputum pots in the house.

## When to seek help!

### When

#### Routine GP

- If you feel your Bronchiectasis is worse but no change in amount, or stickiness, or colour of your sputum, and no improvement within 48 hours, make an appointment to see your GP.

### Action

- Take sputum sample to your GP – do not start antibiotics until you have seen your GP.

### When

#### Urgent GP

- All chest infections where you feel unwell with coughing up more sputum and worsening colour to your sputum and worse breathlessness OR.....
- Coughing up blood OR.....
- If you have a chest pain when breathing in.

### Action

- Collect sputum sample and then start recommended antibiotics immediately without waiting for sputum result.

### When

#### Emergency GP or 999

- You are confused or drowsy OR...
- Coughing up large amounts of blood OR...
- Severely breathless or breathless when talking.

### Action

- Call the emergency GP first
- Collect sputum sample if feasible and then start the recommended antibiotics immediately without sputum result.