

### **COPD Rescue Pack:**

- COPD rescue pack is a supply of standby medicines to start if your COPD gets worse before you can see a GP.

You will be prescribed 2 different medications: Steroids - Prednisolone

- 1) Antibiotics – Amoxicillin or Doxycycline

Only start your rescue pack if you are having a flare up of your COPD

- Your COPD may be getting worse if you have any of these symptoms:
  - Increased breathlessness which interferes with daily activities
  - New or increased chest tightness
  - Change in sputum (phlegm) quantity
  - Change in sputum (phlegm) colour
  - Cough – new or increased
- If you have ONE of these symptoms,
  - Increase your reliever (blue) inhaler medication
  - Continue with your other inhalers as normal
  - Self Isolate for 7 days. (14 days for other household members) as this could be COVID
- If you have TWO OR MORE symptoms for over 24 hours
  - Start the Steroid (Prednisolone 5mg) Tablets

Take SIX tablets immediately and then take six tablets again as a single dose each morning, with food, for seven days.

- If one of the symptoms is the colour of your sputum (phlegm), especially if it is becoming green or brown:
- Start the antibiotic capsules

Amoxicillin 500mg capsules take ONE capsule three times a day or Doxycycline 100mg take TWO capsules on the first day then one capsule each morning.

- Complete the full course.

**THERE IS INCORRECT INFORMATION CIRCULATING ABOUT SPECIAL RESCUE PACKS FOR PATIENTS WITH COPD/ASTHMA. PLEASE TAKE RESCUE PACK AS PRESCRIBED BY DOCTOR**

What else should I do?

- If you start the antibiotics, ALWAYS finish the full course, even if you feel better before the end.
- If you don't start feeling better in 2-3 days, contact your GP surgery or 111

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

- Severe breathlessness
- Chest pain
- Inability to complete sentences
- High fever or temperature
- Symptoms coming on very quickly
- New (or worsening of existing) swelling of the legs
- **Dial 999 and ask for an ambulance**
- If you need to go to hospital, take all your medications with you.

**ALSO CAN CONTACT 111 for further advice**