**ABRIDGE SURGERY**

**Chronic Obstructive Pulmonary Disease (COPD) Rescue Pack – patient information**

**Your COPD Rescue Pack**

Your COPD Rescue Pack gives you a 5 day supply of a corticosteroid (prednisolone) and a 5 day supply of an antibiotic (usually amoxicillin or doxycycline). Your COPD Rescue Pack is to be used in keeping with your COPD self-management plan.

**When to use your COPD Rescue Pack**

**To be sure of when to use the Rescue Pack, please look at your COPD self-management plan.**

If having more of your ‘reliever’ (salbutamol nebuliser or inhaler) has not eased your symptoms or breathlessness, you should start your corticosteroid (prednisolone):

**• prednisolone 30mg (6 x 5mg tablets) once a day for 5 days** (it is best to take this in the morning – but it might not be possible on the first day – it is okay to take these at any time of the day on the first day)

Check the amount or colour of your sputum. If your sputum changes or becomes a yellow or green colour, start your antibiotic (amoxicillin or doxycycline):

**• amoxicillin 500mg three times a day for 5 days** (contains penicillin)

Or

• **doxycycline 200mg (2 x 100mg capsules) straight away followed by 100mg once a day for 4 days**

Contact your GP or practice nurse for an urgent review if:

• Your COPD rescue pack is not available

• You have blood-stained sputum

• You are not improving within 3 days

If you develop any severe symptoms (see your COPD self-management plan for details), dial 999 for an ambulance.

**Side effects**

**Corticosteroids (prednisolone)**

Side effects can be kept to a minimum by using the right dose for the shortest time possible. Take your prednisolone in the morning. A short course of prednisolone (5 days) should not cause you any side effects. Please read the patient information leaflets provided with your medicines for more information.

**Antibiotics (usually amoxicillin or doxycycline)**

Do not take amoxicillin if you are allergic to penicillin. Do not take medicines containing calcium at the same time as doxycycline (for example, Adcal D3).

In the same way as corticosteroids, the side effects of antibiotics can be kept to a minimum by using the right dose for the shortest time possible. Take your antibiotic at the time it is prescribed; taking care to space the doses as regularly as possible throughout your day. Please read the patient information leaflets provided with your medicines for more information.

**How to store your COPD Rescue Pack**

Store your COPD Rescue Pack in a safe place at home that is easily within reach to you, but out of the reach of children.

**Further supplies**

Contact your GP or respiratory specialist nurse when you use (and need to replace) your COPD Rescue Pack.

**Contact information**

**British Lung Foundation Tel: 0300 0030 555**

**Contact your GP or practice nurse via reception**