## 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 vaccination.
- Avoid visiting anyone who is unwell with a cold, flu or chest infection.

## Chest infections

Signs (you may have some or all of these)

- Feeling generally unwell
- Coughing up more sputum or sputum more sticky
- Worsening colour to your sputum (clear to light or dark yellow or green Or light to dark yellow or green)
- Worsening breathlessness

## Action

- Clear your chest more often (at least twice daily).
- 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 the sample in fridge overnight).
- · Some colds get better without needing antibiotics.

Routine GP

- •When? If you feel your bronchiectasis is worse but no change in the 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

•If chest

- When? All chest infections where you feel unwell with coughing up more sputum and worsening colour to your sputum or worsening breathlessness OR
- olf coughing up blood OR
- ·If chest pain breathing in
- Action. Collect sputum sample and then start the antibiotics recommended immediately without waiting for the sputum result

Emergency GP or 999

- •When? You are confused or drowsy OR
- Coughing up large amounts of blood OR
- Severely breathlessness or breathless whilst talking
- Action. Call the emergency GP first
- Collect sputum sample if feasible and then start the antibiotics recommended immediately without waiting for the sputum result

Recommended chest treatment day to day

1.

2.

3.

Recommended treatment for chest infections

1.

2.

3.

Name

GΡ

Community respiratory team

Hospital respiratory team

Adapted from BTS: Ruth Thomas, Specialist Respiratory Nurse on behalf of MK Respiratory LIT

British Thoracic Society www.brit-thoracic.org.uk

Approved by MKPAG March 2017. Review date: July 2019 (or in light of new national guidance).