This leaflet explains how you can self manage an exacerbation of your COPD at home with steroids, antibiotics and your reliever inhaler.

When should I use this rescue pack?

You should increase the use of your blue reliever inhaler as soon as you are more short of breath than usual.

You should start the steroids in this pack as soon as you have two of more of the following for more than 1 day:

- Increased breathlessness that interferes with your normal activities
- Increased cough and increased sputum (phlegm) production
- Your breathing is much faster than normal
You should start the antibiotics in this pack if you have:

- A change in colour of your sputum (phlegm)

![Color Chart]

White  Cream  Yellow  Pale Green  Green

**How do I take the medicines in this pack?**

**Steroids:** Take SIX (6) prednisolone 5mg tablets all together as a single dose in the morning for 7 days.

**Antibiotics:** Take TWO doxycycline 100mg capsules straight away then ONE doxycycline 100mg capsule DAILY for 7 days.

**Reliever Inhaler:** You can use up to TEN puffs of your blue reliever inhaler via a spacer, with tidal breathing, when you are short of breath, (this is a similar dose to using a nebuliser). You can do this every FOUR or SIX hours throughout the day if you need to. Remember to leave at least 15 seconds between each puff of your blue inhaler.

*It is extremely important that once you start this pack you complete both the course of steroids and antibiotic, even if you feel better. You should also arrange for a post exacerbation check up with your GP or practice nurse near the day you finish the course.*

If your symptoms do not improve in 48 hours, or continue to get worse then please contact your surgery during opening hours, or the out of hours service at other times, for further advice.
Useful contact numbers

Your Respiratory Nurse Specialist
Name:
Tel:

Your General Practitioner
Name:
Tel:

COPD Homecare
Tel:

NHS Direct (24 hours)
Tel: 0845 46 47

GP Out Of Hours (evenings and weekends)
Tel: 08456 001 231