

## What is a COPD rescue pack?

- A standby supply of medication which you can start if you have a flare-up of your COPD, before you are able to seek medical help.
- The GP or nurse has prescribed one or two rescue pack medications:
  - ❖ Amoxicillin 500mg capsules x 21 (Antibiotics)  
OR
  - ❖ Doxycycline 100mg capsules x 8 (Antibiotics)
  - ❖ Prednisolone 5mg tablets x 42 (Steroids)
- You should make a note of the expiry dates of your medications and request replacements if they are out of date. Do not take out of date medications.
- Your rescue pack should only ever be used for a flare-up of your COPD and by nobody else except you.



## How do I know if I'm having a flare-up of my COPD?

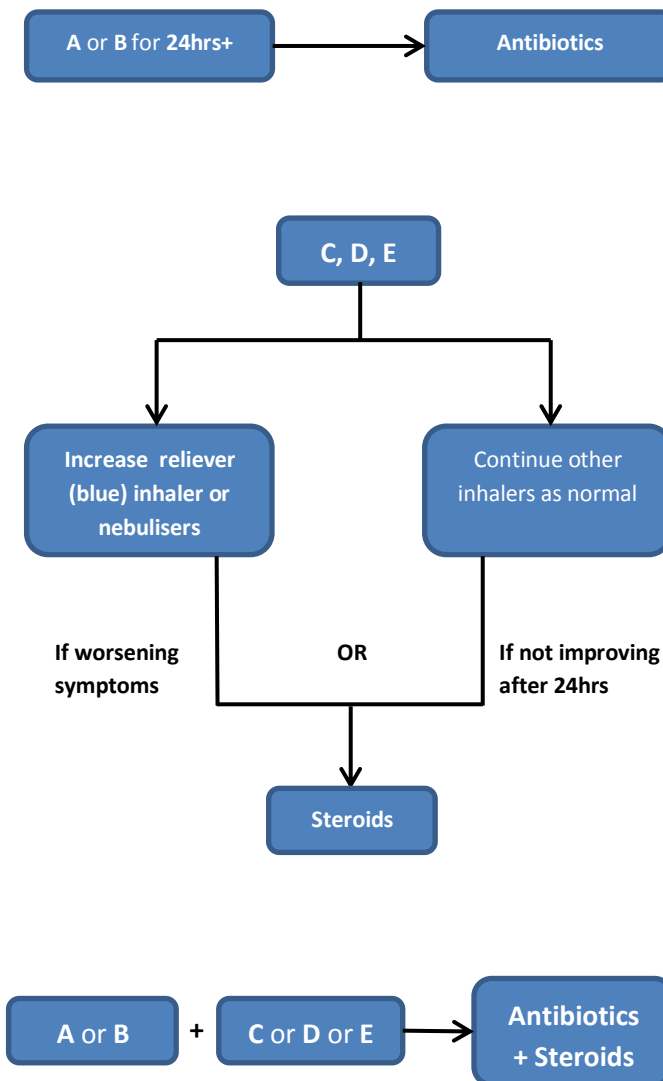
Symptoms of a flare-up for you to look out for include:

- A. Change in sputum (phlegm) quantity
- B. Change in sputum (phlegm) colour, especially to green or brown
- C. New or increased cough
- D. Increased shortness of breath which **interferes with daily activities**
- E. New or increased chest tightness or wheezing



## How should I take my rescue pack?

Please refer to the symptoms listed A-E:



- ❖ Contact the Practice if you are not sure if you should use your rescue pack.

## **After starting your rescue pack**

- Inform the Practice when you have started your rescue pack and request replacement medication.
- You should call and request a telephone or face to face appointment if your symptoms are not starting to show improvement after 72hrs of starting your rescue medication.
- If you are under the care of the ARAS team you may also want to contact them (Telephone number 0161 720 4709)
- Make a routine review appointment with the GP or nurse if you have used 2 or more rescue packs in the last 6 months.



**Contact the Practice immediately if you develop any of these emergency symptoms:**

- Severe breathlessness
- Inability to complete sentences
- Chest pain
- High fever
- Confusion
- New or rapidly worsening swelling of the legs
- Coughing up blood

**Please dial 111 for the out of hours service if the Practice is closed (after 6.30PM or weekends/bank holidays).**

**If you cannot wait for a same day emergency appointment or a call back from the GP because of the severity or worsening of your symptoms then please dial 999 and ask for an ambulance.**

**If you do go to hospital, please take all your medications with you.**



**References:** Chronic obstructive pulmonary disease in over 16's: diagnosis and management. CG101, June 2010.

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# **CHRONIC OBSTRUCTIVE PULMONARY DISEASE**

# **[COPD]**

## **RESCUE PACK INFORMATION**

New Islington Medical Practice - 0161 272 5660

**You have been issued a COPD rescue pack by your GP or nurse. Please read the following information carefully.**