

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- You should make a note of the expiry dates of your medications and request replacements if they are out of date. Do not take out of date medications.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?

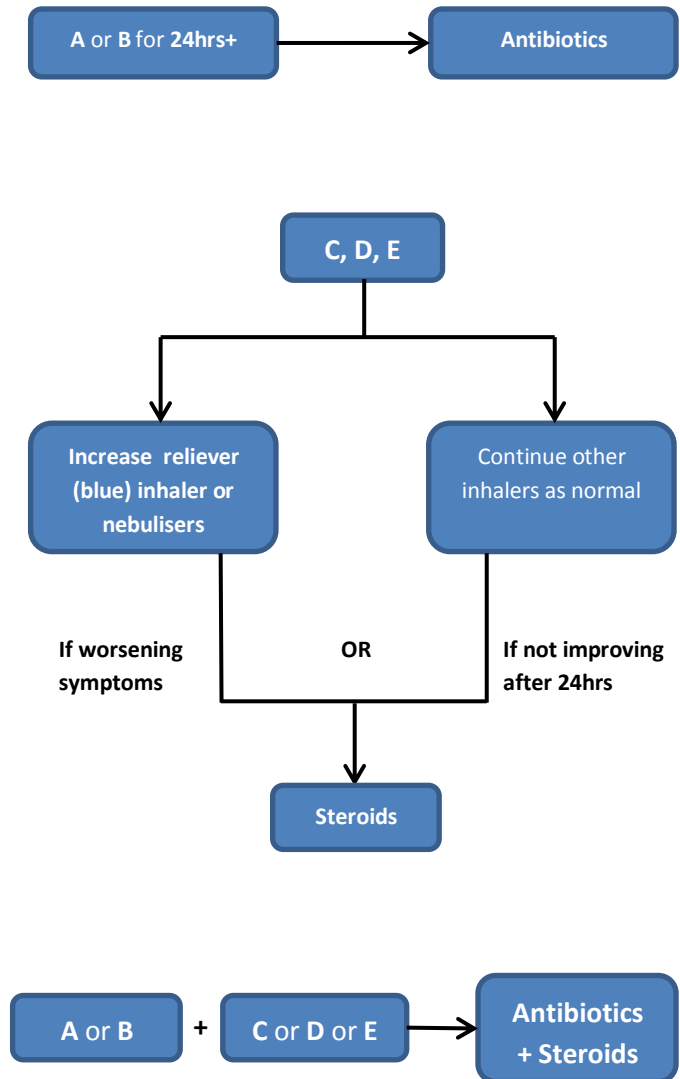
Symptoms of a flare-up for you to look out for include:

- 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.