

COPD Rescue Pack Information Leaflet

What is my COPD Rescue Pack?

People who have had a flare up of their COPD in the past are at risk of another flare up in the future. You have been provided with a COPD Rescue Pack so that if you have another flare up, you can start the right treatment at the right time.

Your COPD Rescue Pack contains a supply of standby medications to start if your COPD deteriorates before you are able to see your GP.

You will have been prescribed two different COPD rescue medications:

Steroid	Prednisolone 30mg to 40mg daily for 5 days (Note for HCP: Please tick the most appropriate choice, and cross out any irrelevant information)
Antibiotic	Formulary first line antibiotics: • Amoxicillin: 500mg three times a day for 5 days (1g three times a day if severe) • Doxycycline: 200mg single dose on day one, then 100mg once daily, for a total of 5 days (200mg once daily if severe) • Clarithromycin: 500mg twice a day for 5 days Formulary second line antibiotic: • Co-amoxiclav: 625mg three times a day for 5 days (Note for HCP: Please tick the most appropriate choice of antibiotic for patient, and cross out any irrelevant information)

The medication in this Rescue Pack should only be used for flare ups of your COPD, not for any other medical condition or by any other person.

Please read this leaflet and keep it with your Rescue Pack medications.

When should I take my COPD Rescue Pack?

If you notice one or more of these symptoms:

- Increased shortness of breath – unable to carry out your normal activities
- Cough – new or increased
- New or increased wheeze and/or chest tightness
- Increased sputum (phlegm)

Do not use the medication in the Rescue Pack if it has passed its expiry date, instead contact your Doctor urgently to obtain a new supply.

⇒ Start Steroid tablets as you may have a non-infected worsening of your COPD.

- Also increase the use of your reliever inhaler
- **Continue with your other inhalers as normal**
- Rest and review your COPD management plan

If you notice one or more of these symptoms below, in addition to the previous symptoms:

- Change in the colour, amount and/or consistency of your sputum (phlegm)
- Increased temperature feeling hot and shivery

⇒ Start antibiotics (and steroids if not already started).

If there is no improvement in your symptoms within 2-3 days or your symptoms are getting worse such as:

- Increased shortness of breath
- Chest pain
- Drowsiness
- Confusion

⇒ Contact your GP, Specialist Nurse or Community Matron immediately

Once you have recovered, please let your GP surgery know if you have used your steroids and/or antibiotics and re-order another supply for you to keep in case they are needed in the future.

Only start your Rescue Pack medication if you are having a flare-up of your COPD.

You should have a COPD management plan detailing the steps you should take in the event of a flare-up of your COPD. If you do not have a current management plan, contact your GP or COPD nurse.



What should I do if I've forgotten to take a dose?

It is important that you take the medication as prescribed.

However, if you forget to take a dose, take it as soon as you remember and then carry on taking your next dose at its regular time. If you realise you have missed a dose, but it is almost time for your next dose, **do not take a double dose**, skip the dose you have missed, take the next dose at its regular time, and then carry on as normal with any remaining doses.

If you start the antibiotics, **always** finish the course even if you feel better before the end.

Are there any side effects?

All medications may cause side effects. With short courses such as your COPD Rescue Pack, most people don't have any problems.

The patient information leaflets supplied with each medication within your Rescue Pack list the more common side effects and other precautions. Please read these leaflets. If you are concerned about any side effects please contact your COPD nurse, GP, or Community Pharmacist for further information.

What else should I do?

If you start your Rescue Pack, you must contact your GP or COPD nurse to inform them that you are less well and have started the Rescue Pack.

If you develop any **emergency** symptoms, even after starting the Rescue Pack, such as:

- severe breathlessness, including inability to complete sentences
- chest pain
- high fever or temperature

Dial 999 and ask for an ambulance

If you need to go to the hospital, please take all your medications with you. Make sure you request a replacement Rescue Pack once you have recovered.