



Chronic Obstructive Pulmonary Disease (COPD) Rescue Packs

Patient Information February 2020

If you start your rescue pack, you must contact your GP or COPD nurse

What are COPD rescue medicines?

Your COPD rescue medicines are a supply of standby medications that you should start if there is a worsening of your COPD symptoms (flare-up). You have been prescribed two different COPD rescue medications:

Steroid:	prednisolone 5mg tablets: take 6 x5mg tablets (a total of 30mg) as a single dose each morning with food for 5 days (or up to 14 days if advised by a health care professional).
Antibiotic: (Health care professional to add details of prescription to box below and to advise to complete course)	amoxicillin 500mg: take 1x 500mg capsule three times a day for 5 days Or if you are allergic to penicillin you have been prescribed : doxycycline 100mg: take two capsules to start then one to two capsules daily for the next 4 days (5 days treatment total) (dose as advised by a health care professional). or clarithromycin 500mg: take one capsule twice daily for

When should I take my COPD rescue medicines?

Your COPD may be getting worse (a flare-up) if you have any of these symptoms:

- Increased breathlessness
- New or increased wheeze and/or chest tightness
- Change in sputum (phlegm) colour or quantity
- Cough – new or increased

Your COPD management plan explains the steps that you should take if you have a flare-up of your COPD.

Steroid to be taken in the event of COPD exacerbation with increased breathlessness/wheeze

Antibiotic to be taken in the event of a COPD exacerbation with significantly increased purulence of sputum (or change in sputum volume/colour)

Steroid	(HCP to add details)
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If there is a change in the colour of your sputum (phlegm) you should start the antibiotic capsules, especially if it is becoming green or brown.

Antibiotic	(HCP to add details)
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What should I do if I have forgotten to take a dose?

It is important that you take the medication as it has been 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.

Are there any side effects?

All medications can cause side effects. Most people don't have problems when taking medications for a short time, such as with your COPD medication.

The patient information leaflet that is supplied with each medication lists the more common side effects and other precautions for each medication. 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 tell them that you are less well and that you have started the rescue pack. You should also order a prescription for a replacement pack.

GP telephone number	[insert telephone no.]
COPD nurse telephone number	[insert telephone no.]

You should make a note of the expiry date of your medicines and ensure you request another supply from your GP or nurse if you have medicines that are out of date.

Contact your GP immediately or phone your local COPD nurse on numbers above if you develop any emergency symptoms (even after starting the rescue pack) such as.

- Severe breathlessness
- Chest pain
- Inability to complete sentences
- High fever or temperature
- Symptoms coming on very quickly.

Out of GP usual opening hours 111 can be called

In an extreme emergency dial 999 and ask for an ambulance.

If you need to go to the hospital, take all your medications including inhalers with you.

Request a prescription for a replacement rescue pack once you have recovered.