

COPD Rescue Pack Information Leaflet

What is my COPD Rescue Pack?

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

Your COPD Rescue Pack contains two different medications:

- Steroid tablets: Prednisolone 5mg tablets to be taken with or after food

AND

- Antibiotic Amoxicillin 500mg capsules

Note: Amoxicillin is a type of penicillin, if you are allergic to penicillin or amoxicillin, do **not** take this medication, instead inform your pharmacist and GP straight away.

OR

- Antibiotic Doxycycline 100mg capsules

Note: If you are allergic to tetracycline, do **not** take this medication, instead inform your pharmacist and GP straight away

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
- Increased cough
- Increased sputum (phlegm)

Start prednisolone tablets as you may have a non-infected worsening of your COPD. Do not use the Rescue Pack if it has passed its expiry date, instead contact your Doctor urgently to obtain a new supply.

Take six tablets immediately and then continue with six tablets as a single dose each morning, with food, for a total of 7 days.

Also increase the use of your salbutamol (blue) inhaler.

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

Amoxicillin 500mg capsules to be taken three times a day for 5 days.

OR

Doxycycline 100mg capsules to be taken with a large glass of water twice a day for 5 days

If there is no improvement in your symptoms within 2-3 days or your symptoms are getting worse (see below) contact your GP/ Specialist Nurse/Community Matron. *In case of extreme emergency dial 999 for an ambulance*

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

Once you have recovered, please let your GP surgery know if you have used your prednisolone 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.

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

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.

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. If it is out of hours phone 111.

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
- chest pain
- high fever

**Contact your GP immediately, or phone 111.
In an extreme emergency 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.

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