

Chronic Obstructive Pulmonary Disease (COPD)

Rescue Pack Patient Information

What are COPD rescue medicines?

Your COPD rescue medicines are a supply of standby medications to start if your COPD gets worse before you are able to see your GP. You will have been prescribed two different COPD rescue medications:

Steroid tablets	Prednisolone 5mg tablets
Antibiotic capsules	Amoxicillin 500mg OR Doxycycline 100mg Capsules

When should I take my COPD rescue medicines?

You should have a COPD management plan explaining the steps you should take in the event of a flare-up of your COPD.

Your COPD may be getting worse if you have any of these symptoms:

- Increased breathlessness which interferes with daily activities
- New or increased chest tightness
- Change in sputum (phlegm) quantity
- Change in sputum (phlegm) colour
- Cough – new or increased

If you have **two or more symptoms** for over 24 hours, despite using more of your reliever inhaler (blue salbutamol) then start your rescue pack.

If you do not have a current management plan, contact your GP or COPD nurse. You should make a note of the expiry date of your medicines and ensure you request another supply for your GP or nurse if you have medicines that are out of date. **The medication in this Rescue Pack should only be used for flare ups.**

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.

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 leaflet supplied with each medication within your Rescue pack list 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. If it is out of hours phone NHS 111.

Contact your GP Practice/Urgent Care Centre immediately 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
- New (or worsening of existing) swelling of the legs

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.