

Adult Bronchiectasis Self-Management Plan

Day to day

- Clear your chest as advised by your physiotherapist.
- Take your medication and inhalers, if on them, as prescribed.
- Never allow medicines to run out.
- Keep a rescue antibiotic course at home.
- Drink plenty of fluids, eat a healthy diet and take regular exercise.
- Don't smoke. Ask for help from your practice nurse if needed.
- Get your annual flu and other recommended vaccinations.
- Avoid contact with anyone who is unwell with a cold, flu or chest infection.
- Keep a supply of sputum pots in the house.

Recommended chest treatment day to day

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Chest infections

Signs (you may have some or all of these)

- Feeling generally unwell (usually for two days or longer)
- Coughing up more sputum or sputum more sticky
- Worsening colour to your sputum (clear to light or dark yellow or green Or light to dark yellow or green)
- Worsening breathlessness

Action

- Clear your chest more often (at least twice daily).
- Take your medication and inhalers.
- Drink plenty of fluids.
- Collect sputum sample and hand to GP as soon as possible (if cannot get to surgery that day, keep the sample in fridge overnight).
- Some colds get better without needing antibiotics. If there is no change in the amount or colour of your sputum **do not start** your antibiotics.
- Seek help if needed

Recommended medical treatment for chest infections

- 1.
- 2.
- 3.

Appointments

- 1.
- 2.
- 3.

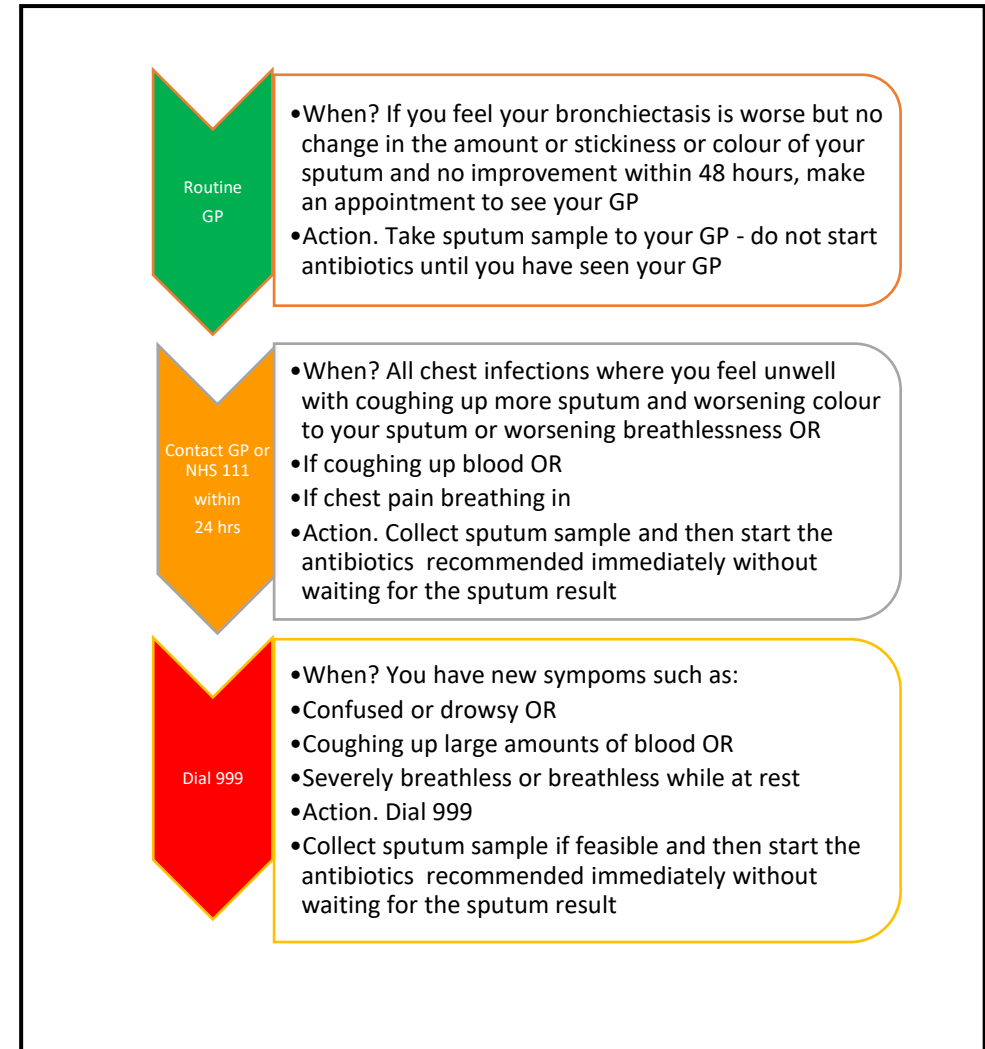
Name

Date of Birth

Hospital/NHS Number

Date

When to seek help



Contact Numbers

General Practice

Community respiratory team

Hospital respiratory team