

## Patient Information

# Chronic Obstructive Pulmonary Disease (COPD) Stand-By Medication Pack

### What are COPD Stand-By Medicines?

Your COPD stand-by medicines are a supply of medications to start if your COPD gets worse before you are able to see your General Practitioner (GP).

You will have been prescribed two different COPD stand-by medicines:

- Corticosteroid tablets: Prednisolone 5mg tablets x 30
- Antibiotic capsules: Doxycycline 100mg capsules x 6

Please read this leaflet and keep it with your stand-by medicines.

### When should I take my COPD Stand-By Medicines?

**Only start your stand-by medication if you are having a flare-up (exacerbation) of your COPD.**

You should have a COPD management plan explaining 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, Practice Nurse or the COPD team. 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date of your medicines and ensure you request another supply from your GP or nurse if you have medicines that are out of date (or if you use your supply of stand-by medication).

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

- increased breathlessness,
- new or increased wheeze and/or chest tightness,
- change in sputum (phlegm) colour, thickness or quantity,
- cough – new or increased.

If you have **one of these symptoms**, increase your reliever inhaler medication and check your COPD management plan.

*My reliever medication is .....*

If you have **two or more symptoms** for over 24 hours, despite using more of your reliever (blue) inhaler, start your stand-by medication as follows:

1. **Corticosteroid (Prednisolone 5mg) tablets - Take SIX (6) tablets immediately and then take SIX (6) tablets again as a single dose each morning, with food, for 5 days in total.**

2. If one of the symptoms is a change in the colour of your sputum (phlegm), especially if it is becoming green or brown you should also start the antibiotic capsules.

***Antibiotics (Doxycycline 100mg) capsules – Take TWO (2) capsules immediately and then take ONE (1) capsule as a single dose each morning, for 5 days in total.***

### **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 stand-by medicines, most people don't have any problems.

The patient information leaflets supplied with each medication 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 the COPD team, your GP, Practice Nurse or Community Pharmacist for further information.

### **What else should I do?**

If you start your stand-by medication, you must contact your GP, Practice Nurse or the COPD team to inform them that you are less well and have started your stand-by medication.

If you develop any emergency symptoms, even after starting your stand-by medication, such as:

- severe breathlessness
- chest pain
- inability to complete sentences
- high fever or temperature
- symptoms coming on very quickly

**Request an urgent, same day appointment to see your GP.**

**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 replacement stand-by medication from your GP once you have recovered.

### Contact details

If you have any specific concerns that you feel have not been answered and need explaining, please contact the COPD team.

- COPD Team (01905) 760023

### Other information

The following internet websites contain information that you may find useful.

- [www.worcsacute.nhs.uk](http://www.worcsacute.nhs.uk)  
Worcestershire Acute Hospitals NHS Trust
- [www.patient.co.uk](http://www.patient.co.uk)  
Information fact sheets on health and disease
- [www.blf.org.uk](http://www.blf.org.uk)  
British Lung Foundation information for patients with COPD
- [www.nhs.uk](http://www.nhs.uk)  
On-line health encyclopaedia

### Patient Services Department

It is important that you speak to the department you have been referred to (see the contacts section) if you have any questions (for example, about medication).

If you have any concerns about your treatment, you can contact the Patient Services Department on 0300 123 1733. The Patient Services staff will be happy to discuss your concerns and give any help or advice.

If you have a complaint and you want it to be investigated, you should write directly to the Chief Executive at Worcestershire Acute Hospitals NHS Trust, Charles Hastings Way, Worcester WR5 1DD or contact the Patient Services Department for advice.

**Please contact Patient Services on 0300 123 1733 if you would like this leaflet in another language or format (such as Braille or easy read).**

### Bengali

“আপনি যদি এই লিফলেটটি বিকল্প কোনো ভাষায় বা ফরমেটে (যেমন ব্রেইল বা সহজ পাঠ) চান, তাহলে এই নম্বরে 0300 123 1733 প্যাশেন্ট সার্ভিসের সাথে যোগাযোগ করুন।”

### Urdu

“اگر آپ کو یہ دستی اشتہار کسی متبادل زبان یا ساخت میں چاہیے (جیسے کہ بریل / ایڑی ریڈ) تو پبلیشمنٹ سروسز سے 0300 123 1733 پر رابطہ کریں۔”

## Portuguese

“Por favor, contacte os Serviços de Apoio ao Paciente através do número 0300 123 1733, caso precise deste folheto numa língua alternativa ou formato (como Braille / fácil de ler).”

## Polish

“Jeżeli pragniecie Państwo otrzymać tę broszurę w innym języku lub formacie (Braille / duży druk) proszę skontaktować się z Obsługą Pacjentów pod numerem 0300 123 1733.”

## Chinese

“如果您需要此份傳單的其他語言選擇或其他版本  
(如盲人點字版/易讀版容易的閱讀),請致電 0300 123 1733與病患服務處聯繫。”

## Comments

We would value your opinion on this leaflet. Please put any comments in the box below and return them to the Clinical Governance Department, Finance Department, Worcestershire Royal Hospital, Charles Hastings Way, Worcester, WR5 1DD.

Name \_\_\_\_\_ of \_\_\_\_\_ leaflet: \_\_\_\_\_  
Date: \_\_\_\_\_

Comments:

Thank you for your help.



Corporate member of  
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