

# COPD ACTION PLAN

What action to take if your symptoms get worse...

**FIRST:**

Check the colour of your sputum:  
Cough onto a white tissue. If your sputum colour has changed from clear or pale to a darker shade (e.g. Yellow or Green): Start antibiotics

THEN: Look at the table

Symptoms	Column 1 <b>OK</b>	Column 2 <b>Caution</b>	Column 3 <b>Action</b>
Breathlessness	Normal / Usual	Worse than usual	Much worse than usual
Cough	Normal / Usual	Worse than usual	Much worse than usual

**WARNING**

If at any time you get:

**Severe symptoms:** If you have symptoms as shown in **Column 3 (Action)** and you've tried medication and you are not getting any better, please contact your doctor/nurse for an urgent appointment.



**Reliever Treatment**

Via inhaler or nebuliser

Maximum dose \_\_\_\_ / \_\_\_\_ times per day

Maximum dose \_\_\_\_ / \_\_\_\_ times per day

**Antibiotics**

Please take your home supply or obtain a prescription without delay from the surgery

**Prednisolone**

Take 30mg once a day (6 x 5mg tablets) until back to normal and then for 2 more days before stopping. Maximum 2 weeks.

If you use your home supply of antibiotics/steroids please ring the surgery to arrange a replacement.

If all your symptoms are in **Column 1 (OK)** continue usual treatment

If any of your symptoms are in **Column 2 (Caution)** you should:

Increase your **Reliever Treatment**, take regular doses up to the maximum allowed.

Keep a close eye on your symptoms: if you improve within 2 days resume your usual treatment. If there is **No** improvement start **Prednisolone**.

If any of your symptoms are in **Column 3 (Action)** you should take the maximum allowed dose of reliever treatment and **Start Prednisolone 30mg per day Immediately**

**EMERGENCY**

If you have any of the following:

- Very Short of Breath
- Chest Pains
- High Fever
- Feeling of agitation, fear, drowsiness or confusion

**DIAL 999 FOR AN AMBULANCE**

Contacts

Surgery: \_\_\_\_\_ Respiratory Nurse: \_\_\_\_\_

Notes: \_\_\_\_\_