

Newcastle Bronchiectasis Service

Top Tips for looking after your chest

Routine care

- Submit a sputum sample twice a year.
- Get a flu vaccine every year (unless advised not to).
- Know your sputum
 - amount
 - colour
- Take your medication.
- Make sure you have rescue antibiotics.
- When you have antibiotics these should be for 2 weeks.
- Clear your chest as advised by your physio.
- Keep a symptom diary.

What about flare ups?

- A flare-up is when:
 - You feel unwell
 - Coughing more sputum
 - Change in sputum colour
 - Chest pain breathing in for more than 48 hours.
- What should I do?
 - Send a sputum sample to GP or hospital.
 - Start emergency pack of antibiotics for 14 days.
 - Let your GP know you're unwell if you haven't already.