



Managing your child's wheeze

This leaflet gives advice to parents/carers of children who have been assessed in the Children's Accident and Emergency Department or admitted to the paediatric ward with a wheeze.

Managing your medicines after discharge

Medication

- Prednisolone: _____ tablets (5mg/tablet) once a day with or after food [usually breakfast] for _____ days.
- Montelukast: once a day [at bedtime] for _____ days
- Give the blue reliever inhaler with spacer as needed, up to 10 puffs every 4 hours. Cut down on frequency and number of puffs as your child improves. Keep using brown reliever if prescribed. See overleaf for what to do if symptoms come back.

- Decrease reliever when symptoms improve.
- **If your child needs more blue reliever OR the medicine is not working or not lasting for 4 hours - see your GP as first option or visit A&E.**
- Please check your child regularly overnight for the first night after leaving hospital.

Inhaler technique checked

Age <3 years – spacer with mask.

From 3 years onwards / able to co-ordinate breathing– spacer with mouthpiece.

Medicine	Name	Colour	How many puffs	Times per day
Reliever + spacer				
Preventer + spacer				
By mouth				

What to do if the wheeze gets worse...

If your child:

- needs blue inhaler more than usual
- is coughing or wheezing more
- is coughing or waking at night

- increase reliever inhaler up to
 - 10 puffs every 4 hours, or
 - (2 puffs every 2 min, up to 10 puffs)
- continue preventer treatment
- always give inhaler treatment through a spacer

MAKE APPOINTMENT TO SEE YOUR GP IN NEXT 48 HOURS / FEW DAYS

If your child:

- is short of breath
- is restless and/or irritable
- won't play because of breathlessness
- has difficulty eating and/or drinking
- is lethargic
- reliever treatment won't last long

- give 10 puffs of the reliever via the spacer
- if no improvement at 10 mins, repeat 10 puffs via spacer

CALL YOUR GP FOR URGENT ADVICE OR CALL AN AMBULANCE (999)

If your child is improving:

- Give reliever as necessary
- Continue your preventer treatment
- Give steroid tablets if directed to do so

Make appointment to see your GP

Follow-up appointment

- Follow up appointment not required.
- Make appointment with your GP if symptoms recur.
- Outpatient hospital appointment / GP in _____ weeks.

A letter will be sent to your GP. You will receive a copy.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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Compassionate	Aspirational	Resourceful	Excellent
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