Newcastle Bronchiectasis Service
*Information for patients.*

**Routine care.**

- Submit a sputum sample twice a year.
- Get a flu vaccine every year (unless advised no 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 physiotherapist.
- Keep a symptom diary.

**What about flare ups?**

- A flare up is usually when you
  - feel unwell
  - cough more sputum
  - have a change in sputum colour
  - are more breathless / wheezy 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.