

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

- Q Prednisolone: _____ tablets (5mg/tablet) once a day with or after food [usually breakfast] for _____ days.
 - Q Montelukast: once a day [at bedtime] for _____ days
 - Q 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 Q

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 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

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

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

Royal Berkshire NHS Foundation Trust, London Road, Reading RG1 5AN
0118 322 5111 (switchboard) www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.

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