

Contact Numbers:

Sister Beverley Wood
Respiratory Specialist Practice Nurse
Cumberland House
Waters Green Medical Centre

Or

Stephanie Hambleton
Community Matron
Cumberland House Surgery
Waters Green Medical Centre

01625 428081 (Cumberland House)

If you require advice in the evening, weekend or Bank Holidays, please call the Out-of-Hours Primary Care Service on:

01625 502999

We welcome any suggestions you have about the quality of this service.

Please send your comments, compliments or complaints to:

Mr Mike Pyrah
Chief Executive
Central and Eastern Cheshire PCT
Universal House
ERF Way
Off Pochin Way
Middlewich
Cheshire
CW10 0QJ

Tel: 01606 275303
Freephone: 0800 5877 888
Web: www.cecpct.nhs.uk

Alternatively, you can contact the Patient Advice Liaison Service (PALS) for confidential advice and help. You can contact PALS by calling Freephone 0800 161 3997

Cumberland House	
Waters Green Medical Centre Sunderland Street Macclesfield Cheshire SK11 6JL	Phone: 01625 428081 Fax: 01625 503128 www.cumberlandhousesurgery.nhs.uk



CUMBERLAND HOUSE

PRIMARY HEALTH CARE CENTRE

**ACUTE MEDICATION
PACK**
**How and When to Use
Your Acute Medication
Pack.**

The acute medication pack is to assist you to be proactive in treating your acute exacerbation, giving you more control over your condition.

By following Step 1 and 2 you will receive the support and appropriate treatment you require at that time.

Including in the pack is:

- ⇒ **Sputum pot and completed form.**
- ⇒ **Prednisolone 30mg (6 x 5mg) per day for 7 days.**
- ⇒ **Appropriate antibiotic based on last course.**

It is essential to complete the course of tablets as specified, unless you are told not to do so by your community matron or doctor.

If you are experiencing any of the following symptoms, please follow steps 1 and 2 below.

- ⇒ A change in colour or amount of sputum.

Step 1.

Obtain a specimen of sputum using the pot provided, and send it off to the laboratory or drop it off at the surgery. A fresh specimen is best.

To obtain a good specimen, ensure that you have cleaned your teeth or dentures and the sputum should be coughed from your lungs (not spit).

- ⇒ Feeling unwell.
- ⇒ Being more breathless or wheezy than usual.
- ⇒ Coughing more than usual.

Step 2.

If your sputum changes colour to yellow or green and this is not normal for you start the antibiotics and the Prednisolone that are in your emergency pack. Contact Sister Wood at the Surgery who will confirm that this is correct.

If you are experiencing an increase in your wheezing and your Peak Flow readings are reduced but you do not have any increase or change in colour of sputum, start the Prednisolone 30mg (6 x 5mg) for 7 after speaking to Sister Wood.

Must contact surgery before taking.

PLEASE NOTE that the sooner treatment is started the better the outcome.

If you are not sure, please contact your Practice or, if it is out of hours, contact the primary care centre. Their contact details are shown overleaf.