



# Bronchiectasis

A patient guide to managing  
and living with Bronchiectasis

## Day-to-Day Advice

- Perform chest clearance daily
- Drink plenty of fluid
- Exercise regularly
- Take prescribed medication and inhalers
- Get annual flu vaccine

For further information  
on bronchiectasis go to  
[www.bronchiectasis.scot.nhs.uk](http://www.bronchiectasis.scot.nhs.uk)

## NHS Lothian Bronchiectasis Card

Chest Infections	
Date	Antibiotic

  

Recommended Antibiotics
Name
Dose



## Signs of a Chest Infection

- Increase in quantity of sputum
- Worsening colour of sputum (e.g. changing from clear/light grey to yellow or yellow to green)
- Increase in shortness of breath
- Feeling generally unwell
- Other chest infection signs personal to you

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## Chest Infections - Actions

- Perform chest clearance more regularly
- Drink plenty of fluids
- Hand a sputum sample to your GP as soon as possible (keep in fridge overnight if GP is closed)
- If signs of a chest infection start advised course of antibiotics (do not wait for sputum results)

