



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

NHS Lothian Bronchiectasis Card

Chest Infections		Recommended Antibiotics	
Date	Antibiotic	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)