Ashford and St. Peter's Hospitals
NHS Foundation Trust

Going home from Ash Ward: BRONCHIOLITIS

Your child has been diagnosed with Bronchiolitis. This is a **viral infection** that causes the smallest airways in your child's lungs to become swollen. It is common in winter and normally only causes **mild cold symptoms** which **get better on their own**. Some children (especially very **young** ones) can have **difficulty breathing** or **feeds** and may need to go to hospital for observation or help with oxygen or feeding, like your child.

After supporting and monitoring your child on Ash Ward, we are now **happy they're ready to go home with you**. We know being in hospital can be scary and then being discharged even more daunting so we advise you continue to **monitor them at home** and here are some ways you can **help them:**

- If they are not feeding normally offer **smaller, more frequent** feeds. If you're **breastfeeding** you should try feeds **on demand**. If your baby is formula-fed we recommend:
  …… oz/ml every …… hours **(50% minimum …… oz/ml every …… hours)**
- You can give them **Paracetamol** or **Ibuprofen** to help with fevers or signs of discomfort (ask your **pharmacist** for the correct medicine for your child's age group).
  If your child is younger than 3 months and has a fever please take them to a doctor.
- Continue giving your child any **regular medications** unless advised otherwise
- Make sure your child is **not exposed to tobacco** smoke (it sticks to clothes even if smoked outside). This can **seriously damage your child's health** and make breathing symptoms worse.

Most children get better in around **10-14 days** (though the cough can last weeks). **Days 3 to 5** can be when we see children get **more poorly**. We don't expect your child to get worse from now but you should continue to monitor them at home. Below are some **signs to check for** and what you should do if your child has them:

If your child has any of the following:
- **Blue** lips
- Is **unresponsive** or very irritable
- Is **struggling** to breathe e.g. nasal flaring, grunting, sucking in or under the ribs or at the windpipe
- Has **pauses** in breathing or an **irregular** breathing pattern

You need urgent help
Call **999**
OR
Go to your nearest **A&E** immediately

If your child has any of the following:
- Decreased **feeding** (less than 50% of normal)
- Passing less **urine** (12 hours since last wet nappy)
- Is **vomiting**
- Has a temperature above **38°C**
- Is having some **difficulties** breathing
- If your child's health gets worse or **you are worried**

You need to see a doctor or nurse TODAY
Please call your **GP** surgery or **NHS 111** for help

If **none of the above** signs are present in your child

Self care
Continue to use the advice above + look after your child at **home**

MY USEFUL CONTACTS

CALL 111 when it's less urgent than 999
NHS 111

……
……
……
GP Surgery

NHS choices www.nhs.uk
NHS Choices Website