

# Bronchiolitis

## Emergency Department Patient Information Leaflet

### Introduction

This leaflet is for the parent / carer of a child who has been diagnosed with Bronchiolitis by a doctor or nurse practitioner. Your child has been assessed and is well enough to go home.

### What is Bronchiolitis?

Bronchiolitis is a common viral illness that affects the lungs of babies and young children under 2 years old. The symptoms are worst in the first 4 days.

Most children are well enough to go home and need no treatment; whereas some children who have severe symptoms may require hospital admission for treatment.

Most children will get better within about 2-3 weeks, and will recover well.

## How should I care for my child at home?

Your child may have a cough and remain chesty for some time, but this will settle down gradually.

You could help by:

- Offering smaller amounts of feeds but more frequently.
- Continuing with any prescribed medicines.
- Giving Paracetamol syrup if they have a temperature.
- Antibiotics will not help as Bronchiolitis is caused by a virus.
- Make sure your child is not exposed to tobacco smoke as passive smoking can damage your child's health, and will only make their breathing worse.
- Nasal saline drops may help with nasal congestion.

**Please arrange a follow up with your GP within 48 hours of leaving the hospital. If this is not possible and you feel there is no improvement and your child's symptoms are getting worse, seek further medical advice immediately at NHS 111 or your nearest emergency department (A&E).**

## When should I get advice or seek medical attention?

Children breathe faster than an adult, but it is important to look for signs that your child is struggling to breathe, and may be getting worse. You may notice that your child has:

- More visible ribs as they breathe
- Increased effort in breathing
- Taken less than half of their normal feed
- Vomited after feeds
- Lethargy, tired or irritable
- Had a dry nappy for 12 hours or more

- Worsening of cough or unable to catch their breath
- Temperature of 38° or above

**If your child has any of these symptoms, you must seek medical advice immediately by contacting your GP, NHS 111 or your nearest emergency department (A&E).**

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Paediatric emergency department on ext. 4681

Russells Hall Hospital switchboard number: 01384 456111

**This leaflet can be downloaded or printed from:**

<http://dgft.nhs.uk/patients-and-visitors/patient-information-leaflets/>

If you have any feedback on this patient information leaflet, please email [dgft.patient.information@nhs.net](mailto:dgft.patient.information@nhs.net)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

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