

# Your child's wheeze management plan

**Information about the medicines and inhalers your  
child has been prescribed.**

Name .....

Date of birth .....

Hospital number .....

## Preventative treatment

To be used **regularly** even if your child has no wheeze.

**Inhaled treatments (clean teeth and rinse mouth after use)**

Name of medicine and inhaler	Strength or dose (amount) in each puff	How many puffs	How often	Comments

## Oral treatments

Name of medicine	Strength	Amount	How often	Comments

## Relief treatment

To be used **when needed** for cough, wheeze, shortness of breath, or chest tightness. These might also be helpful to use before exercise.

## Inhaled treatment

Name of medicine and inhaler	Strength or dose (amount) in each puff	How many puffs	How often	Comments

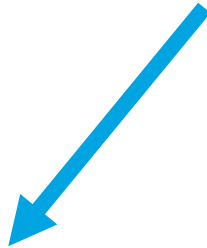
## For the future

**If your child has a cough, cold or wheeze, their chest feels tight, or they feel out of breath**

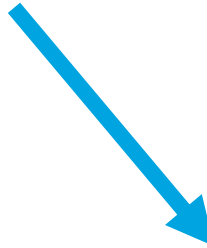
Give blue inhaler through a spacer,  
2 to 6 puffs, up to 1 time every 4 hours



**If your child needs their blue inhaler every 4 hours, is coughing all the time, or feels too wheezy or breathless to play or eat**  
Give 1 extra puff of the blue inhaler every minute until they feel better (up to a maximum of 10 puffs).



**If they have improved after the extra 10 puffs,**  
make an urgent GP appointment for a review,  
or call 111.



**If they have not improved after 10 extra puffs**  
Call 999. Carry on giving the blue inhaler, 1 puff every 1 minute, until help arrives.

## Wheeze

A wheeze is a whistling noise coming from the chest, usually heard when breathing out. A wheeze is caused by the tubes (airways) in the lungs becoming swollen (inflamed) and narrow. This causes difficulty with breathing.

**Normal airway**



**Inflamed airway**



It is important not to confuse a wheeze with other noises coming from the nose or throat, such as a rattly noise caused by phlegm (mucus).

It is quite common for young children to become wheezy when they catch a cold. This does not mean that your child has asthma.

Children who were born prematurely, or who are exposed to cigarette smoke, are more likely to wheeze.

Most young children who wheeze with colds, will stop as they get older. Some children go on to develop asthma, particularly if other family members have asthma, allergies or eczema.

## Wheeze treatments

### **Reliever inhaler (blue – salbutamol)**

This should be used only when needed, such as during colds, when coughing, wheezing or having difficulty breathing.

It helps to open the airways and help your child breathe. Sometimes, after a particularly bad episode of wheezing, you might be told to give the reliever inhaler regularly and gradually reduce the dose.

### **Preventer inhalers (usually brown)**

If your child has been prescribed this, it needs to be taken every day **even when your child is well**.

It is a steroid inhaler that helps to control the inflammation in your child's airways and prevent wheezy episodes.

### **Preventer granules or chewable tablets (montelukast)**

This medicine also helps to control inflammation in your child's airways. It is taken by mouth one time each day.

If your child has been given the granules, these can be taken as they are, or mixed with a small amount of cold or room-temperature soft food (such as yoghurt).

## Your child's spacer

Your child must use a spacer (usually with a face mask) to take their inhaler.

- 1 Shake the inhaler and put into the end of the spacer.
- 2 Place the mask over your child's nose and mouth. Make sure there are no gaps and it fits snugly against the face.
- 3 Press the inhaler once, keeping the mask over your child's nose and mouth while they breathe normally for a count of up to 10 breaths.
- 4 Wait 30 seconds before giving the next dose
- 5 Repeat from step 1 for each puff that is needed.

### Tips

Your child might not like the face mask over their nose and mouth.

To help with this:

- play with your child using the spacer on teddies and dolls
- give lots of praise when your child has used the spacer

## Support and more information

### Asthma UK helpline

Provides independent confidential advice and support to people with asthma and their families, friends and carers.

**t:** 0300 222 5800 (Monday–Friday 9am–5pm)

## Contact details

If you would like non-urgent advice about your child's asthma, contact the asthma nurses, Monday to Friday, 9am to 5pm, **phone** 020 7188 4613 (voicemail only), **email** [gst-tr.evelinaasthmanurses@nhs.net](mailto:gst-tr.evelinaasthmanurses@nhs.net)

If your child becomes unwell with their wheeze, or has difficulty in breathing in any way, follow the action plan on page 2 of this booklet, and see your GP or go to the emergency department (A&E).

For more information on conditions, procedures, treatments and services offered at our hospitals, please visit **web** [www.evelinalondon.nhs.uk/leaflets](http://www.evelinalondon.nhs.uk/leaflets)

## Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline, **phone** 020 7188 3003, Monday to Friday, 10am to 5pm **email** [letstalkmedicines@gstt.nhs.uk](mailto:letstalkmedicines@gstt.nhs.uk)

## Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS), **phone** 020 7188 8801 **email** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk). To make a complaint contact the resolution department **phone** 020 7188 3514 **email** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

## Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch, **phone** 020 7188 8815 **email** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

## **NHS 111**

This service offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day, **phone** 111 **web** [www.111.nhs.uk](http://www.111.nhs.uk)

## **NHS website**

This website gives information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing, **web** [www.nhs.uk](http://www.nhs.uk)

## **Get involved and have your say: become a member of the Trust**

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch, **phone** 0800 731 0319 **email** [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk) **web** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)

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