

Bronchiolitis Advice for Parents

Children's Services

Lincoln County Hospital

Pilgrim Hospital, Boston

Grantham and District Hospital

www.ulh.nhs.uk

Aim of the leaflet

This leaflet aims to provide parents with information about bronchiolitis after discharge from hospital.

Your baby has been diagnosed with Bronchiolitis but is well enough to go home.

Symptoms

Bronchiolitis is a common respiratory infection that affects babies and young children. It occurs when the smallest airways in the lungs become infected and inflamed, leading to a build up of mucus.

This makes it harder for the baby to breathe as the amount of air entering the lungs is reduced. This leads to symptoms such as a blocked or runny nose, mild fever, a loss of interest in feeding, cough and wheeze.

Symptoms, such as a cough and wheeze, can be present for several weeks after discharge home, however, permanent damage to the airways is very rare.

Treatment at home

There is no medicine that can kill the viruses that cause bronchiolitis. However the following treatments can ease the symptoms:

- Offer your baby their normal feeds. They may drink feeds more slowly than normal because of nasal congestion, so try offering smaller more frequent feeds.
- Raise the head of the mattress of the baby's cot when the baby is put to sleep to aid breathing.

Please seek medical advice if:

- Your baby has increased difficulty in breathing (you notice your baby's ribs sucking in with each breath).
- Your baby is breathing very quickly.
- Your baby's breathing stops for more than 10 seconds at a time.
- Your baby's skin turns ashen or blue, especially around the lips.
- Your baby takes less than half of their normal feed over 2 to 3 feeds.
- Your baby starts to vomit.
- Your baby has no wet nappy for over 12 hours.
- Your baby develops a high temperature.
- Your baby becomes tired or irritable.

Prevention

Bronchiolitis is easily spread. The following steps can be taken to prevent it spreading to others.

You should:

- Try to cover your baby's nose and mouth when they cough or sneeze.
- Wash your hands after handling your baby.
- Keep babies in a smoke free environment, as cigarette smoke can aggravate the symptoms. Passive smoking can affect the lining of your baby's airways, making them less resistant to infection. Keeping smoke away from your baby may even prevent future respiratory infections.

Contact details

Following discharge from the ward if you have any concerns, please telephone:

Safari Day Unit, Lincoln	01522 573172
Rainforest Ward, Lincoln	01522 573786
Children's Ward, Boston	01205 445563

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille, please e-mail the Patient Information team at patient.information@ulh.nhs.uk