

# Wheeze discharge plan

Paediatric  
department



01935 475 122  
[yeovilhospital.nhs.uk](http://yeovilhospital.nhs.uk)



Yeovil Hospital  
Healthcare

## What is Viral Induced Wheeze?

- A common viral infection affecting the child's upper airways.
- It causes the child's airway to swell and become tight, thus restricting air flow to the lungs and produces a whistling sound called 'wheeze' when breathing.

If unwell with new cold symptoms:

Starting to be unwell, chesty cough or wheeze but coping with activities

Unwell with cold, coughing or wheezy day / night  
Worsening despite treatment above

Coughing or wheezing is getting worse, especially at night.

Reliever (Blue) inhaler is not lasting four hours or not working within 15 minutes.

**Emergency: Dial 999 or visit your GP**



Use reliever (blue inhaler) as required (2-4 puffs via spacer).

**Continue Preventer if prescribed.**



Increase reliever (Blue) inhaler to six to eight puffs as needed to maximum four hourly via spacer

**Continue Preventer if prescribed.**



Give ten puffs of reliever via spacer every 30 mins

**If no improvement after doing this for two hours seek Medical Advice urgently.**

**Remember: It is safe to administer ten more**

**Go to your nearest Emergency Department**

**After discharge, the wheeze may continue and the following treatment is recommended:**

Reliever (Blue) INHALER with Spacer.

**DAY 1:** 6-8 puffs 6 times a day (4 hourly) for 1 day

**DAY 2:** 4-6 puffs 4 times a day (6 hourly) for 1 day

**DAY 3:** 2-4 puffs 3 times a day (8 hourly) for 1 day

**Stop when symptoms have resolved**

+/- Prednisolone.....mg (.....tablets)

once daily for a further ..... Days.

**If your child's condition is not improving, contact the Paediatric Assessment unit 01935 384 788 or the Children's ward on 01935 384 360 (if discharged in the last 24 hours), or see your GP.**

**If you need this leaflet in another format, eg. large print or a different language, please ask a member of staff.**

**Yeovil District Hospital  
NHS Foundation Trust  
Higher Kingston  
Yeovil  
Somerset  
BA21 4AT**

**Ref: 10-16-111  
Review: 12/18**