

## Women and Children's

# Bronchiolitis: Parent/Carer discharge information



### What is Bronchiolitis

Bronchiolitis is a short-term viral infection, usually caused by Respiratory Syncytial Virus (RSV). Most children catch RSV by the age of 2. Most cases are mild, with “cold-like” symptoms, and get better on their own. Bronchiolitis is more common in winter and spreads easily, so is hard to prevent.

Bronchiolitis causes swelling in the small airways of the lungs, which can get blocked with sticky mucus. Your baby may have a runny nose, temperature, and cough. This can make it harder for your baby to breathe, feed or sleep. Most babies steadily improve over 7 to 10 days, although the cough can last up to 6-8 weeks. Most babies can be cared for at home.

### How to help your baby?

- Your baby may have trouble feeding. Give smaller amounts more often.
- Antibiotics do not help with viral infections, so they are not given.
- Do not smoke near your baby. Children exposed to smoke before or after they are born have a much higher chance of getting chest illnesses such as bronchiolitis, asthma, croup, and pneumonia.
- Keep your child away from childcare or places with other young babies until they recover.
- Children with bronchiolitis may be uncomfortable. You may give paracetamol or liquid ibuprofen to relieve discomfort (follow the instructions on the medicine).



## Patient Information

### **When will my baby get better?**

- Most babies start to improve after 4 days and are usually better by 2 weeks.
- The cough may last for several weeks.
- Most babies get bronchiolitis only once, but some can get it again.
- Bronchiolitis usually does not cause long-term problems.

### **When to get medical advice?**

#### **Contact your doctor or NHS 111 if:**

- If your baby is working hard to breathe
- Your baby refuses to eat or drink or has fewer wet nappies than normal
- If your baby is very tired or not waking as normal

#### **Call 999 immediately if:**

- There are long pauses in breathing or your baby starts grunting
- Your baby is pale, sweaty, mottled or very cold to touch
- Your baby is having lots of difficulty breathing
- Your baby goes blue in colour or becomes floppy

#### **For more advice or information:**

- Call NHS 111 (24 hours a day)
- Contact your GP

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6934 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

## Patient Information

### Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

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#### Document History

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