

Bronchiolitis Discharge Advice

Bronchiolitis is a common viral lung infection, affecting babies and young children. An airborne virus known as the Respiratory Syncytial Virus (RSV) is responsible for about 80% of cases of bronchiolitis in babies and young children.

Most cases are mild and clear up within 2 to 3 weeks without the need for treatment, although some children have severe symptoms and need hospital treatment.

Please be aware that Bronchiolitis can get worse before it gets better. It causes inflammation of the small airways in the lungs called the bronchioles, which restricts the amount of air able to enter the lungs, making it more difficult for your child to breathe. Babies at greater risk of developing severe bronchiolitis include premature babies and those with certain heart or lung conditions.

If your baby has been admitted to hospital, they will be discharged home when:

Your baby is able to maintain oxygen saturations without additional oxygen and take bottle or breast feeds. Most babies get better within two weeks. It is important to know that the wet sounding cough can persist for many weeks or months after recovery from Bronchiolitis, and that this is not usually anything to worry about.

Some babies who have been hospitalised with Bronchiolitis may have recurrent episodes of wheeze with coughs and colds while they are young.

They may benefit from using inhalers, although this does not necessarily mean that they will go on to be diagnosed with asthma.

Do not smoke, or let others smoke, around your baby. This is likely to make their symptoms worse.



If your baby has any of the following symptoms please seek medical advice:

- If your baby is struggling to breathe and/or they have fast breathing– a breathing rate of above 50 breaths per minute.
- Poor feeding (your baby has taken less than half their usual amount during the last two or three feeds).
- They've had no wet nappy for 12 hours or more.
- A high temperature of 38C or above.
- They seem very tired or irritable.
- It's particularly important to seek medical advice if your baby is under 12 weeks old, or they have an underlying health condition, such as a congenital (present from birth) heart or lung condition.

When to call 999:

- Your baby has severe breathing difficulties or exhaustion from trying to breathe – you may see the muscles under their ribs sucking in with each breath, they may be grunting with the effort of trying to breathe, or they may be pale and sweaty.
- They have a rapid breathing rate of more than 60 breaths per minute.
- Their breathing stops for a long time (more than 10 seconds at a time), or there are regular shorter pauses in their breathing of 5-10 seconds.
- You're unable to rouse (wake) your baby or, if woken up, they don't stay awake.
- Their skin turns very pale or blue, or the inside of their lips and tongue are blue (cyanosis).

Contact details:

Children's Observation Unit 01302 642780.

Children's Ward 01302 642772.

Children's Ambulatory Care Unit 01909 572284 (*Mon-Sun 08:00-19:00*).

Patient Advice and Liaison Service

The team are available to help with any concerns/complaints you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email.

Telephone: 01302 642764 or 0800 028 8059. Email: dbth.pals.dbh@nhs.net

