Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Wheeze Discharge Plan

Version number: **Manual**
Last modified date: **12th November 2026**

Wheeze Discharge Plan

Patient Information

- Author ID: KP
- Leaflet Ref: Med 017
- Version: 1
- Leaflet title: Wheeze Discharge Plan
- Date Produced: May 2024
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Patient’s name:

Discharge checklist

- ☐Inhaler technique checked?
- ☐Referral to community nurse for review (within 2 working days)?
- ☐Maintenance therapy reviewed?
- ☐Appropriate spacer used?



What is a wheeze?

A wheeze is a noise that is produced when the small airways become sticky and inflamed/swollen. When the airways are sticky, the air can get trapped and this causes the wheezy sound. Things that cause our airways to become sticky are most commonly viral infections. Wheeze is also produced in childern who have asthma, when they are exposed to certain triggers.

Bacterial chest infections can also sometimes make you wheezy. A wheeze is made worse by exposure to cigarette smoke and other fumes, as these worsen the inflammation in small airways.

Treating the wheeze

To treat the wheeze you will have seen the use of a blue inhaler; this is a medicine called Salbutamol. Salbutamol is a ‘reliever’ medication. It helps open the small airways of our lungs, which helps the air to pass through more easily.

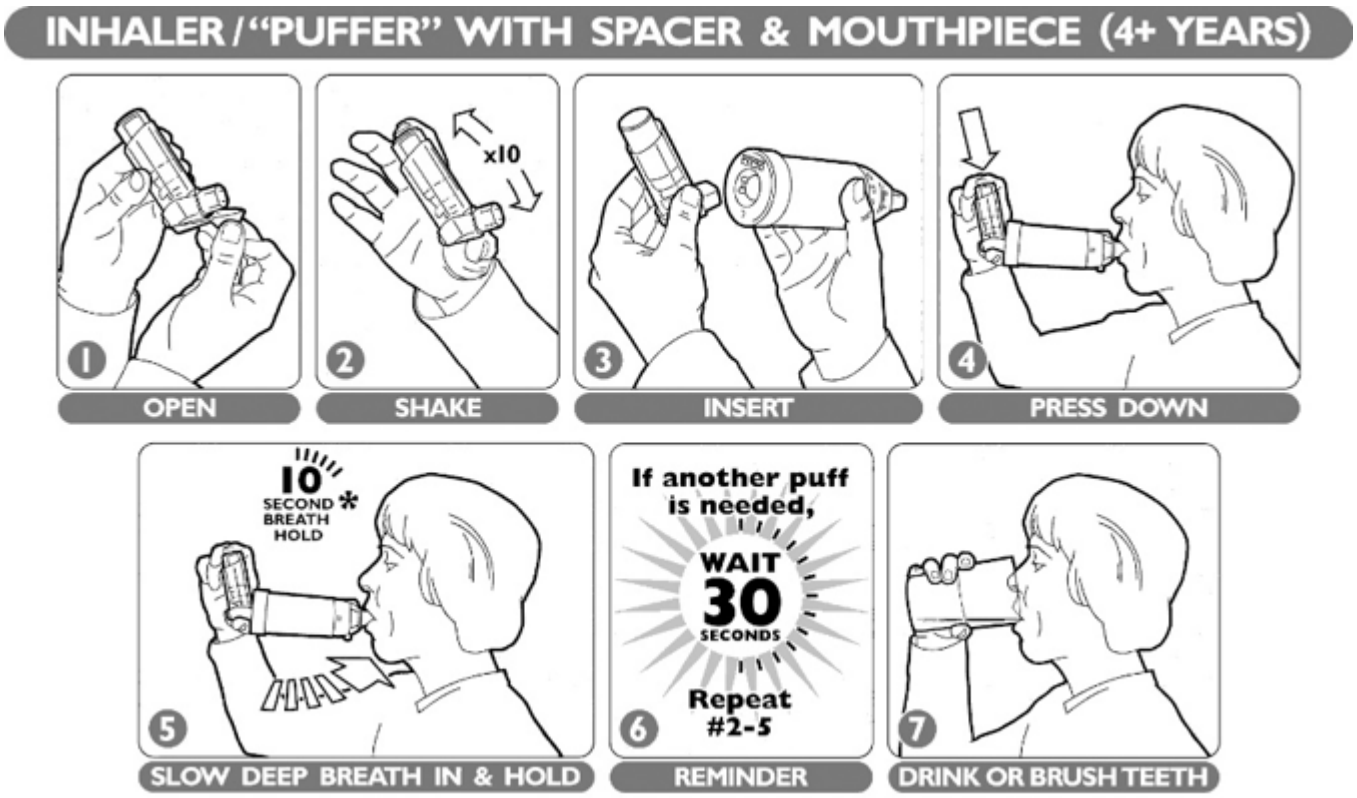
Importance of a spacer

Using a spacer device is really important. It ensures that the medicine is delivered into your lungs and not into the back of your throat. When using a spacer, the Salbutamol collects in the chamber to ensure you get the most of the medication.

How to give the Inhaler using a Spacer

1. Take off the cap and hold the inhaler upright. Check there is nothing inside the mouthpiece.
2. Shake the inhaler well.
3. Put the inhaler into the end of your spacer, with the indent for your nose pointing upwards.

4. If required, ensure the facemask can make a complete seal around the nose and mouth. If not required, place the mouthpiece between your teeth.
5. Sit or stand up straight. Press the inhaler to release one puff into the spacer. Take 10 breaths in and out of the spacer.
6. Repeat if necessary/instructed.



The weaning process

Whilst in the department, you may have needed Salbutamol on a regular basis. The aim now is to slowly wean the child off the medicine over a matter of days after discharge, to allow the airways to recover from whatever triggered the wheezy episode. If at any point during the weaning process your child appears to be struggling to take 10 puffs of the Salbutamol, please seek medical advice.

Days after discharge	How many puffs of Salbutamol	How often
The day of discharge	10 puffs	Every 4 hours
1	6 puffs	Every 4 hours
2	6 puffs	Every 6 hours
3	4 puffs	Every 6 hours
4	4 puffs	Every 8 hours
5	2-4 puffs	When needed

If you do become worried when at home that your child is deteriorating, please seek medical advice from your GP, Community nursing team,111 or if required Accident & Emergency.

IN AN EMERGENCY CALL 999 IMMEDIATLEY



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