

## Jenny Lind Children's Hospital Patient Information Leaflet for Children with Bronchiolitis

We have diagnosed your child with Bronchiolitis, and we are happy for you to continue caring for them at home.

### What is Bronchiolitis?

- Bronchiolitis is a very common condition in children under 2 years, it is caused by a virus.
- The most common virus is the *Respiratory Syncytial Virus (RSV)* but it can also be caused by other viruses such as *Adenovirus* and *Parainfluenza*.
- Because Bronchiolitis is caused by a virus, antibiotics do not help, and the treatment is just supportive. This means that your baby will only need to stay in hospital if they need help with their breathing or feeding.

### What should I do for my child at home?

- **Make sure your baby is not exposed to tobacco smoke. Passive smoking can seriously damage your baby's health. It makes breathing problems like Bronchiolitis worse.**
- Try feeding smaller amounts more often, as a smaller amount of milk in their tummy gives their lungs more room to breathe.
- Give paracetamol if they are unsettled, to help them feel better. Follow the instructions carefully on the bottle.
- Try saline nasal drops(available from your chemist) to help clear the mucous from your babies nose so that they find it easier to breathe.
- Your baby may have mucousy vomit or diarrhoea as they will be coughing the mucous up from their lungs and swallowing it again.
- Have the head end of your babies mattress slightly raised as they may find this more comfortable. Many modern cots have a 'reflux' position to enable this, or you could try putting a towel or small cushion underneath the head end of the mattress.
- Bronchiolitis is highly contagious so keep your baby away from other babies until they have recovered.
- There is usually no need to see your doctor if your baby is recovering well.
- Most babies get better within about two weeks, however, may still have a cough for a few more weeks.



Please continue to monitor your baby and seek medical help if any **new** symptoms occur. For more information go to the NHS website: [www.nhs.uk](http://www.nhs.uk)

**See your GP; go to your local Walk-in Centre, Urgent Treatment Centre or call 111 if:**

- Your baby is taking less than half of their usual feeds
- Your baby is having fewer wet nappies than usual

**Call 999 if;**

- They are breathing very fast or you are worried about their breathing
- They are pale or blue around their lips

