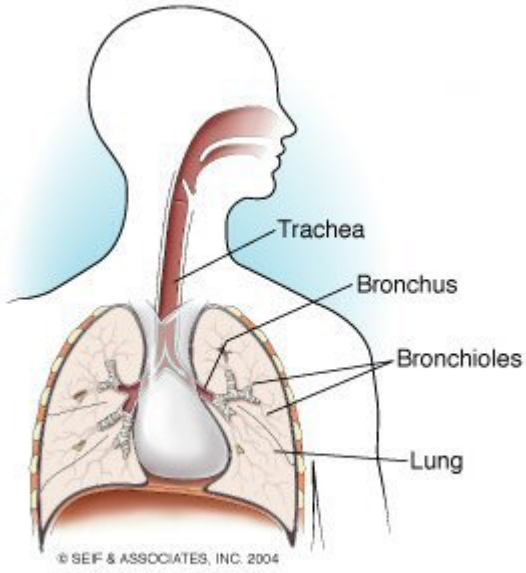
Bronchospasm

A bronchospasm can make breathing hard. This happens when the tubes (bronchioles) that carry air in and out of your lungs become smaller. A bronchospasm can be caused by:

- Asthma.
- Allergies.
- Lung infection.



HOME CARE INSTRUCTIONS

- Do not smoke. Avoid places that have second-hand smoke.
- Dust your house often. Have your air ducts cleaned once or twice a year. This can help keep your house free of dust.
- Know what allergies may cause you to have a bronchospasm.
- If you have an inhaler, know how to use it. Be sure you understand how and when to use medicine that will help your breathing.
- Eat healthy foods and drink plenty of water.
- Only take medicine as told by your doctor.

SYMPTOMS

- Coughing.
- Wheezing.
- Trouble breathing or catching your breath.

GET MEDICAL HELP RIGHT AWAY IF:

- You feel you cannot breath or catch your breath.
- You cannot stop coughing.
- Your usual treatment is not making your breathing better.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

Document Released: 10/15/2010
ExitCare® Patient Information ©2011 ExitCare, LLC.