

MATTHEW S. COHEN, MD FAAP
PATIENT INSTRUCTION SHEET

BRONCHIOLITIS

Bronchiolitis is inflammation of the small and medium sized air passages in the lungs caused by a virus (commonly RSV). Your child may exhibit sign of wheezing and increased respiratory effort, however bronchiolitis is not Reactive Airway Disease (Asthma). In fact the reason Reactive Airway diusease (RAD) is not diagnosed in the first year of life is because of the similar symptoms between RAD and the predominantly 1st year of life illness called Brohchiolitis.

Possible Symptoms:

- Wheezing noise in the chest
- Mild fever
- Cough
- Copious Clear Rhinnorhea (runny nose)
- Increased respiratory effort
- Increased respiratory rate
- Retractions (“pulling in” of the chest)
- Poor appetite

You can help your child at home and make him/her more comfortable by:

- Using a cool mist humidifier to help loosen mucus
- Providing a slight incline to sleep on
- Using normal saline drops with bulb suction to clear nasal secretions
- Lowering the fever (**if the child has one**) by giving:
 - α Tylenol _____ every 4 hours **OR**
 - α Motrin _____ every 6 hours

Contact the office if you notice any of the following:

- Very rapid breathing
- “Pulling in” of the chest when breathing
- Refusing to drink fluids

Special Instructions or Medications: _____

If you have any questions, please call.

