

## Physiotherapy department

---

# Chronic obstructive pulmonary disease (COPD)

## Who to contact if you feel unwell

The Integrated Respiratory Team can provide you with advice and support if you feel that your symptoms are getting worse. This leaflet gives you more information on how you can get in touch if you feel unwell.

### What should I do if I feel unwell?

You can contact the Integrated Respiratory Team on **07796 178 719** (seven days a week from 9am–4.30pm). If your call is not answered immediately, please leave a message and your contact number, and a member of the team will call you back as soon as they can.

You should also refer to your COPD Action Plan and COPD booklet for guidance on how you should manage your flare-up.

**Remember: If your illness is sudden or life-threatening, call emergency services on 999. Contacting the Integrated Respiratory Team is not an alternative to calling 999 in serious circumstances.**

If your problem is not related to your breathing, please contact your GP as normal.

### What should I do if I am seriously unwell and very breathless?

If you feel seriously unwell and very breathless, **contact the London Ambulance Service immediately on 999** for urgent medical attention (24 hours a day, seven days a week).

### Further sources of information

#### Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

#### Knowledge & Information Centre (KIC)

For more information about health conditions, support groups and local services, or to search the internet and send emails, please visit the KIC on the Ground Floor, North Wing, St Thomas' Hospital.

t: 020 7188 3416

Leaflet number: 3735/VER1

Date published: July 2013

Review date: July 2013

© 2013 Guy's and St Thomas' NHS Foundation Trust