



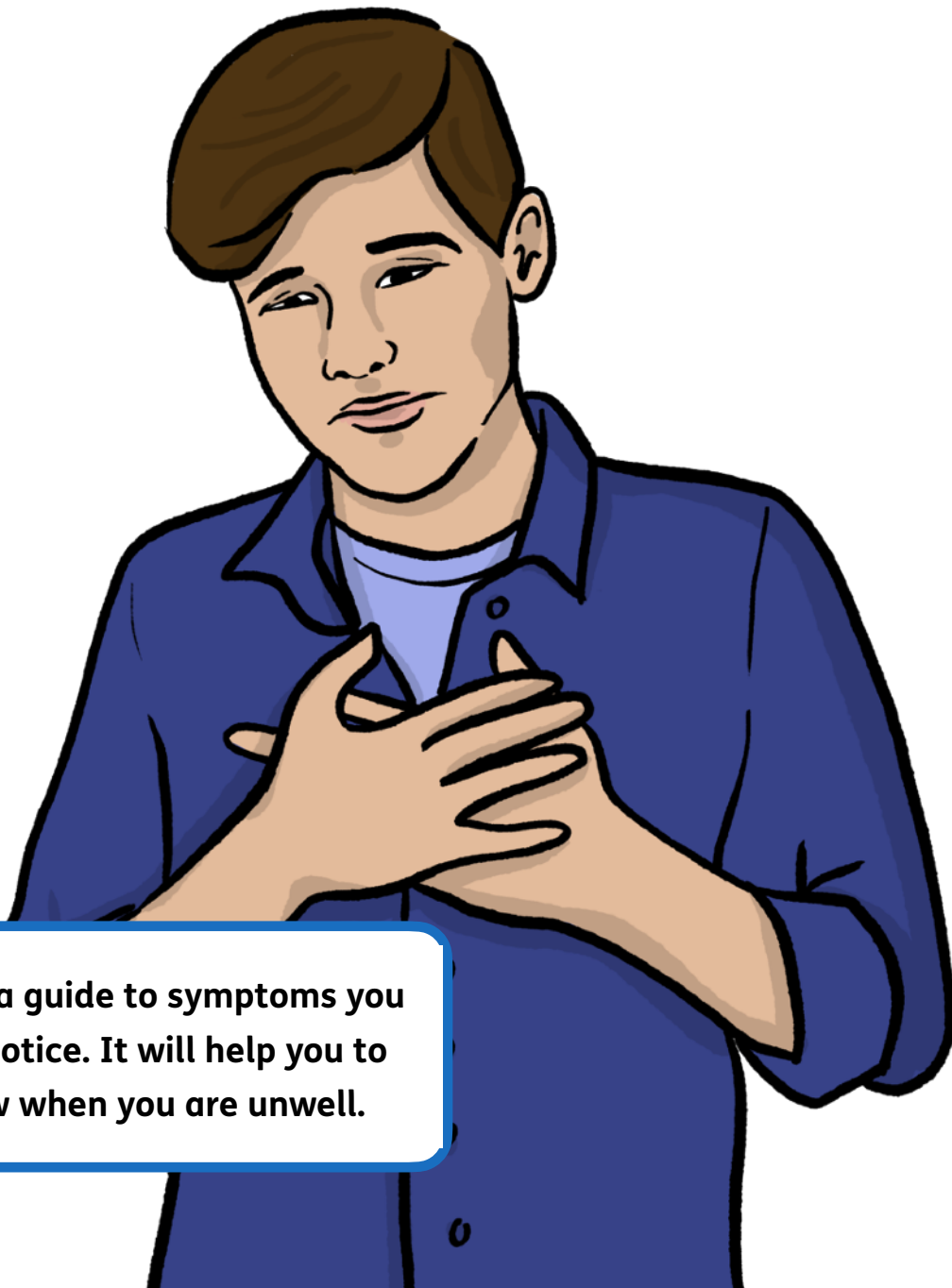
**Easy  
Read**



**University Hospital  
Southampton**

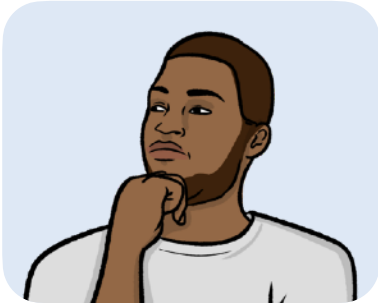
NHS Foundation Trust

# Your PCD symptoms



**This is a guide to symptoms you  
may notice. It will help you to  
know when you are unwell.**

# Symptoms of a chest infection

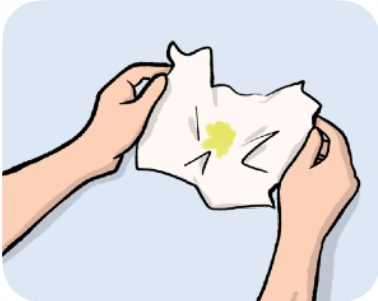


Remember to look out for symptoms of a chest infection.

You may have some or all of these symptoms:



- You feel ill.



- You are coughing up more sputum, or your sputum is more sticky or darker than usual.



- You are finding it harder than usual to breathe.

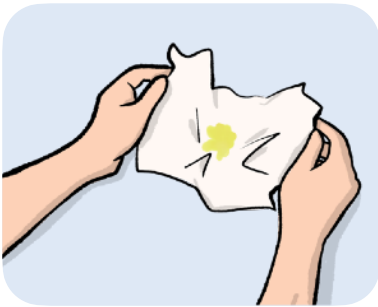


- You have a fever.

# Your daily symptoms

Noticing your daily symptoms can help you manage your PCD better and know when you are unwell.

## About your sputum



**Sputum** is thick, sticky liquid in your lungs, which gets worse when you are ill. It is sometimes called phlegm (we say this - ‘flem’).



How often do you normally cough up sputum?

- ☐ Most days of the week.
- ☐ One or two days of the week.
- ☐ A few days each month.
- ☐ Only when I have a chest infection.



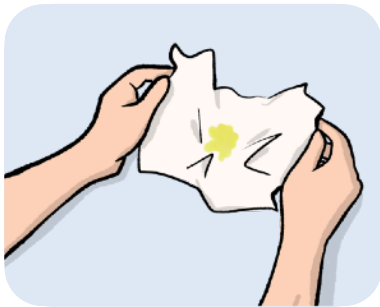
What colour is your sputum?

- ☐ Clear, or has no colour.
- ☐ White.
- ☐ Light yellow or green.
- ☐ Dark yellow or green.



How much sputum do you cough each day?

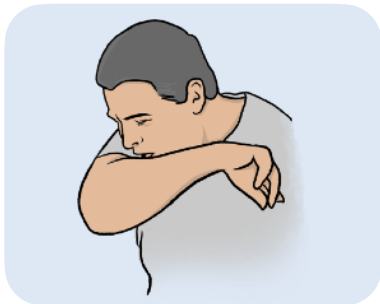
- ☐ 1 teaspoonful.
- ☐ 1 tablespoonful.
- ☐ Half a sputum pot.
- ☐ 1 or more sputum pots. Write the number of sputum pots you fill in the box.



My sputum is:

- ☐ Watery.
- ☐ Sticky and thick.
- ☐ Sticky.

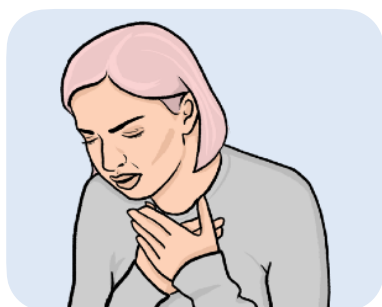
## About coughing



I normally cough:

- ☐ Most days of the week.
- ☐ One or two days of the week.
- ☐ A few days each month.
- ☐ Only when I have a chest infection.

# About your breathing



I normally get breathless:

- ☐ Walking around my home.
- ☐ Walking outside on level ground.
- ☐ Walking up a flight of stairs.
- ☐ Playing sports.
- ☐ Only when I have a chest infection.
- ☐ I never get breathless.

# About other symptoms



Please write any other symptoms in the box below.

This could be symptoms like wheezing, being tired, or something else.

# Contact us

If you feel unwell or notice new symptoms, you can contact the Southampton PCD team by:



- Phone: 023 8120 6656
- Email: [adultpcdteam@uhs.nhs.uk](mailto:adultpcdteam@uhs.nhs.uk)



You can contact us on Monday to Friday, between 9am and 5am.

# Find out more



You can look at our website here:

[www.uhs.nhs.uk](http://www.uhs.nhs.uk)



PCD Support UK have a website here:

[www.pcdsupport.org.uk](http://www.pcdsupport.org.uk)

If you are a patient at one of our hospitals and need this document translated, or in another format such as large print, Braille or audio, please:



- Telephone 0800 484 0135
- or email [patientsupporthub@uhs.nhs.uk](mailto:patientsupporthub@uhs.nhs.uk)



For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit:

[www.uhs.nhs.uk/additionalsupport](http://www.uhs.nhs.uk/additionalsupport)