

SOUTHDALE PEDIATRIC ASSOCIATES, LTD.

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BRONCHIOLITIS
Patient Information Sheet

Bronchiolitis is narrowing of the smallest airways in the lung (bronchioles). It is caused by a virus and is very common in the winter months RSV (Respiratory Syncytial Virus) is one of the many viruses that cause bronchiolitis. Bronchiolitis varies in severity, from barely noticeable to very severe. Only 1-2 % of children with bronchiolitis are hospitalized because they need extra oxygen or IV fluids. The usual age for bronchiolitis is 6 months to 2 years. The wheezing resolves when the viral infection is over, usually within 7-14 days. RSV testing is not recommended. The result will not change the treatment plan.

Symptoms are as follows:

- Wheezing, which is a high-pitched, squeaky sound as the child breaths out
- Rapid breathing over 40 breaths per minute
- Labored breathing
 - Child may have to push air out with extra effort
 - Ribs may show more than usual when breathing
 - Breast bone may dip in with breaths
 - Nostrils may move in and out
- Tight cough, which may be increased at night
- Shortness of breath with activity or feedings
- May reoccur if another cold develops within 1-2 months
- Fever may occur, usually <102°

Symptomatic Treatment – As with the common cold, give plenty of fluids, treat as needed with acetaminophen for fever, and suction the nose as needed. Humidified air can help loosen sticky mucus and calm a cough.

Close Observation – It is hard to predict which children will have a more severe course. You should continue to watch for worsening symptoms until the illness is over. Do not let anyone smoke around your child.

Call our office if:

- Breathing becomes more labored, or breaths are 60/minute or faster
- Child has poor color or lips are bluish
- Child cannot sleep due to wheezing or cough
- Fever lasts more than 72 hours or recurs after it has gone away
- Child is not drinking adequate fluids
- You feel your child is getting worse
- Cough lasts longer than 3 weeks