

Cystic Fibrosis Haemoptysis Action Plan

Who is this information for?

This information is for people with cystic fibrosis (CF) who are experiencing haemoptysis (coughing up blood) at home.

What causes haemoptysis?

Haemoptysis occurs when an area of the lung becomes inflamed/irritated, causing nearby blood vessels to bleed. This irritation is often caused by an infection in the lungs.

How is haemoptysis treated?

Antibiotics are usually recommended for people experiencing haemoptysis to treat the underlying infection. In some cases, admission to hospital for intravenous antibiotics and close monitoring may be required.

It is often recommended to reduce or cease inhaled / nebulised treatments if you are coughing up a large amount of blood, this is detailed in the action plan on the next page. Speak with your treating doctor to determine when you can restart these therapies.

Sometimes your doctor may prescribe a medication called tranexamic acid which helps to clot the blood and stop bleeding.

In severe cases of haemoptysis, bronchial artery embolisation may be required. This is a procedure where a special clotting formula is injected into the bleeding area of the lung to stop the bleeding. This is normally done in hospital by feeding a tiny tube up through an artery at the top of the thigh.

What should I do if I have haemoptysis?

How you/your treating team respond to haemoptysis depends largely on the amount you have coughed up.

Please refer to the table on the next page for guidance.

This document is intended for information purposes only and does not replace discussion or advice that your healthcare team gives you.

For information



Monday – Friday 8am – 4.30pm: Cystic fibrosis coordinators
9594 2915



For interpreting services call **131 450**

Volume in 24 hours	Scant (Streaks of blood in sputum)	Mild-Moderate (More than streaks, less than 1 cup)	Large (More than 1 cup/250ml)
	1. Inform your CF team if; a) You have never had haemoptysis before. b) This is the first episode of haemoptysis in 1-2 months.	1. Seek medical review at your nearest Emergency Department/dial 000 2. Inform your CF team	1. Call an ambulance (000) and seek urgent medical review at your nearest Emergency Department 2. If you can feel where the bleeding is coming from (often a bubbling sensation), position yourself with the bleeding side down. 3. Inform your CF team
Airway Clearance	Continue with usual airway clearance	Cease • Percussion • Vibrations • Positive Expiratory Pressure (PEP) incl. Oscillatory PEP (e.g. flutter/Aerobika/BubblePEP) Try • Active Cycle of Breathing Technique +/- Autogenic Drainage	STOP
Inhalation/ Nebulised Therapy	Continue with all inhaled therapies. *if bleeding only occurs at the time of nebulised treatments, please discuss this with your CF team*	STOP until you have spoken with the CF team	STOP
Exercise	Continue with regular exercise regime	• Cease vigorous exercise/avoid large increases in heart rate (i.e. 20 beats per minute above resting heart rate) • Gentle walking or cycling is OK	STOP
General Advice (for all episodes of haemoptysis)		- Avoid very hot showers - Avoid positions where your head is below your chest - Try to minimise coughing (i.e. use gentle huffs to clear) - Avoid heavy lifting (>10kg)	