

AUM STUDENT HEALTH CENTER INSTRUCTION SHEET

PHONE: 244-3281

My Name: Married Whitstone Today's Date: 3-28-17

The Practitioner I saw today was: Carol Stewart, CRNP Audrey Novchich, CRNP

My Problem:

- ☐ Upper Respiratory Infection
- ☐ Influenza A/B
- ☐ Sinusitis
- ☒ Rhinitis Allergic/Viral
- ☐ Pharyngitis

What Medications do I need to take?

Zyter or Loratadine

For Pain or Fever:

- ☐ Acetaminophen (Tylenol) regular strength (325 mg)-2 tabs every 4 hours
- ☐ Extra Strength Acetaminophen 2 tablets up to 4 times a day
- ☐ Ibuprofen/Advil/Motrin (same active ingredient) 2-4 200mg tabs every 6/8 hours

For Congestion or Cough:

- ☒ Mucinex DM twice a day Extra Strength
- ☐ Nasal Saline rinses; thin mucous, decrease congestion, decrease postnasal drainage
- ☐ Elevate head of bed 15-20 degrees to decrease congestion and promote sinus drainage

For Sore Throat:

- ☐ Warm salt water (1/2 tsp to 1 cup) gargle every 2-3 hours; thins mucous and soothes
- ☐ Lozenges or sprays

Other:

- ☐ Get more than the usual amount of rest. Limit extra activities until you are well.
- ☒ Drink plenty of fluids (2-3 liters/day). Water is best, some juice, Gatorade okay.
- ☐ Humidify air: vaporizer, humidifier. Keep filters clean.
- ☐ May take 10-14 days to get better. If you have a fever over 101 for more than 3-7 days call the clinic. If you are not getting better or are getting worse call the clinic.
- ☐ If you are having trouble breathing call 911 or go to the ER

Nasacort or Flonase OTC

CERTIFICATE FOR RETURN TO WORK / SCHOOL

Auburn University Montgomery
Nursing Care Center
Irma B. Moore Hall, Room 102
(334) 244-3281

Name Danier W. Heststone

was seen on 3-28-17 at 10⁰⁰ am / pm

and is able to return to work / school on 3-28-17

Nature of illness or injury: Upper Resp Infection

☐ Restrictions ☐ Light work

Physical exertion: ☐ Limited ☐ Avoid x _____ Days

☐ Other _____

CRNP / RN Naptawant Date 3-28-17

Phone (334) 244-3281

Fax (334) 244-3243

Carol Stewart, C.R.N.P.
Lic. #1-045437
Rx: 1178

AUBURN MONTGOMERY
STUDENT HEALTH CENTER
P. O. Box 244023
Montgomery, AL 36124-4023
(334) 244-3281

Ramona Lazenby, C.R.N.P.
Lic. #1-039092
Rx: 0703

Maryluz Fuentes, M.D.
(334) 244-4322
DEA #BF 6451520
AL #24127

Name Danier W. Heststone Date 3-28-17

Address _____

Rx Prescription D-oxycodone

6 tabs
5mg
once according
to pain directions

Naptawant, M.D. or C.R.N.P.
Product Selection Permitted

Label all prescriptions

Refill: 1 2 3 5 PRN NR

Dispense As Written