

AUM STUDENT HEALTH CENTER INSTRUCTION SHEET

PHONE: 244-3281

My Name:

Pam Bell

Today's Date:

09/09/16

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?

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
- ☒ 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
- ☐ Lozenges or sprays

Other:

- ☒ Get more than 10-14 days call the clinic
- ☒ Drink plenty of fluids
- ☒ Humidify air: vaporizer
- ☐ May take 10-14 days call the clinic
- ☒ If you are having a fever

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) 286-2390
DEA #BF 6451520
AL #24127

Name

Pam Bell

Date

09/09/2016

Address

R Augmentin 875 mg
sig: TPO bid x 7 days
disp: #14

Ramona Lazenby
M.D. or C.R.N.P.
Product Selection Permitted

Label all prescriptions

Refill: 1 2 3 5 PRN NR

Dispense As Written

M.D. or C.R.N.P.