

AUM STUDENT HEALTH CENTER INSTRUCTION SHEET

PHONE: 244-3281

My Name: Pam Berry Today's Date: 10-6-16

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? Fexofenadine OTC

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 (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