

AUM STUDENT HEALTH CENTER INSTRUCTION SHEET

PHONE: 244-3281

My Name: Christy Dearden Today's Date: 2-16-17

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

My Problem:

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

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

thes

Otl

Name: Christy Dearden Date: 2-16-17

Address: _____

R Pseudoephedrine 20mg
12
3-7-17
1 p.o. t.i.d. X 2d
1 p.o. b.i.d. X 2d
1 p.o. q.i.d. X 2d
Discontinue

Label all prescriptions

Refill: 1 2 3 5 PRN NR

Product Selection Permitted

Dispense As Written

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

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

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