

AUM STUDENT HEALTH CENTER INSTRUCTION SHEET

PHONE: 244-3281

My Name: Yulanda

Today's Date: 10/23/15

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

My Problem:

☒ Upper Respiratory Infection

☐ Influenza A/B

☐ Sinusitis

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

Erin Patterson
Lic #1-141195
Rx 5100

Maryluz Fuentes, M.D.
(334) 286-2390
DEA #BF 6451520
AL #24127

Name: Yulanda Tyre

Date: 10/23/15

4 hours

Address:

Rx Flonase Nasal Spray 50mcg/spray

Disp #1

Sig: 2 sprays each nose daily

every 6/8 hours

postnasal drainage
promote sinus

Erin Patterson, 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.

☒ Warm salt water gargles

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