

AUM STUDENT HEALTH CENTER INSTRUCTION SHEET

PHONE 334-244-3281

Name: Teresa Lang

Date: 1/10/18

The practitioner I saw today was:

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Carol Stewart, CRNP

Melodye M. Harvey, 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 every 4 hours, as needed
- ☐ Extra Strength Acetaminophen - 2 tabs up to 4 times a day, as needed
- ☒ Ibuprofen/Advil/Motrin (same active ingredient) 2-4 200mg tabs every 6-8 hours as needed

For Congestion or Cough:

- ☒ Mucinex DM twice daily
- ☒ Nasal saline rinses; thins mucous, decreases congestion, decreases postnasal drainage
- ☐ Elevate head off of bed 15-20 degrees to decrease congestion and promote sinus drainage
- ☒ Claritin, zyrtec, or Xyzal

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 usual amount of rest. Limit extra activities until you are well.
- ☒ Drink plenty of fluids (2-3 liters a day). Water is best, some juices, Gatorade is ok.
- ☐ Humidify air: vaporizer, humidifier. Keep filters clean.
- ☐ May take 10-14 days to get better. If you have a fever over 101 degrees Fahrenheit 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.

☐ Other Notes: _____

