

AUM STUDENT HEALTH CENTER INSTRUCTION SHEET

PHONE 334-244-3281

Name: Natasha Phiffer Date: 3-29-18

The practitioner I saw today was:

- ☒ 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:

Flonase or Nasacort nasal spray
Delsym