

AUM STUDENT HEALTH CENTER INSTRUCTION SHEET

PHONE: 244-3281

My Name: Thomas Rust

Today's Date: 11/02/16

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? _____

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
- Take with food*

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