

## AUM STUDENT HEALTH CENTER INSTRUCTION SHEET

PHONE 244-3281

My Name Heather Adams

Today's Date 7-31-17

The Practitioner I saw today was: Carol Stewart, CRNP.

My Problem:

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

What Medications do I Need to Take?

Flonase nasal spray

For Pain or Fever:

AFRIN - snort 3 times

- ☐ Acetaminophen (Tylenol) regular strength (325mg) -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

use

For Congestion or Cough:

- ☒ Mucinex DM twice daily
- ☒ Extra Strength
- ☐ Nasal Saline rinses; thins mucous, decreases congestion, decreases 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 usual amount of rest. Limit extra activities until you are well
- ☐ Drink plenty of fluids (2-3 liters/day). Water is best, some juices, 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 have having trouble breathing call 911 or go to the ER.